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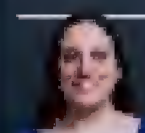
RIO

Your essential daily news | WEEKEND, AUGUST 19-21, 2016

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Why everyone is Hip

Our stories are reflected in their
songs — which have forever etched
their way deep into Canada's heart



**Kristen
Lipscombe**
Metro | Halifax

The Tragically Hip — five guys from
Kingston — remind us of ourselves.

Our stories are reflected in their
songs, and in their three-decade long
journey of ups and downs, from Juno
Awards to terminal illness, which
have forever etched their way deep
into Canada's heart.

The lyrics "they shot a movie once,
in my hometown" have always evoked
an emotional response in me.

I can't help but sing along when
Blow at High Dough randomly comes
on my car radio, and it's guaranteed
that I will get up and dance if I'm in
a bar that starts blasting the iconic
song from the 1989 album Up to Here.

Okay, let's be honest. The same
is true when I hear any tune by The
Tragically Hip, my hometown band.
Having grown up in Kingston, Ont.,

it's impossible not to feel pride for a
bunch of seemingly average local guys
not just making it big in music, but
becoming interwoven into the very
fabric of Canadian culture.

And perhaps that's what Kingston-
ians are most proud of — the fact that
The Hip isn't just our band, but the
entire country's band.

From "... in Bobcaygeon, where
I saw the constellations ..." to "...
sundown in the Paris of the prairies,"
The Hip's lyrics travel across the
country, while the unique rumble of
Gord Downie's voice and the band's
distinctive brand of alternative rock
somehow represent our Canadian
mindset, and have become our coun-
try's signature sound.

That journey, and that feeling we
get when we hear The Hip on the
radio, will be celebrated Saturday
night not just in our hometown, but
across the country, as a "late breaking
story on the CBC," and at public view-
ing parties taking place coast to coast.



Gord Downie performs
during the first stop of
the Man Machine Poem
Tour in July in Victoria,
B.C. THE CANADIAN PRESS

GLOBAL RANKING

Calgary in top 5 most livable cities

While it might not earn it a med-
al on the podium, Calgary has
held its No. 5 spot in The Econo-
mist's global livability rankings
for 2015.

In fact, Calgary and Adelaide,
Australia tied for fifth this year,
as they did in 2014. Calgary has
held the number five spot since
at least 2013.

Calgary was still beat out by
two Canadian cities. Vancouver
and Toronto held the number
three and four spots respectively.

Vienna, Austria was in second
place and Melbourne, Australia
took home the gold with an over-
all score of 97.5 out of 100.

Calgary's score was 96.6 out
of 100.

At the other end of the scale,
the bottom three cities out of
140 ranked were Lagos, Nigeria;
Tripoli, Libya; and Damascus,
Syria rounding out the bottom.

The survey looks at 30 fac-
tors across five categories:
stability, health care, culture
and environment, education and
infrastructure. METRO

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The Power to Surprise

Beware card-skimming at gas station pumps, police say

CRIME

Man's post of device from Husky pump goes viral



Helen Pike
Metro | Calgary

Taking a few seconds to check the pumps before you pay could ease a world of headaches according to Calgary police.

It's habit for many to cover pin passwords at gas stations, banks and merchant pin pads. But what Calgary police said most people don't know is electronic skimming machines are becoming increasingly common in most jurisdictions — including Calgary.

"I would say obviously card skimming does happen in Calgary, but I wouldn't say it's any more prevalent than any other city," said Staff Sgt. Jeff Bell with CPS economic crimes.

"Crimes are always evolving in that point of sale has been targeted for a long period of time, and the banks have done an excellent job in tackling the issues that were arising."

Bell said gas stations are easier targets now because they typically aren't manned

24 hours a day and fraudsters can easily install their card scanning machines without being noticed.

A viral Facebook post out of Calgary reaching more than 51,000 shares, showed a lucky situation, in one gas station goer's case: when he went to pay he pulled his card and the skimming device with it.

"I knew right away it was a skimmer," said Jeremy Ensign, the victim.

"When I saw the chip and wires I knew right away ... I was pretty choked, but what can you do?"

He did report it to police immediately, took photos of the device and posted on Facebook.

He was paying with a debit card, which police said is still at risk of being compromised by this type of machine.

"Unfortunately he's very lucky in the sense that he recognized what was happening," Bell said. "We call those card overlays, and we have noticed that there has been an increase at gas stations."

The only way to combat this emerging risk according to Bell is to check the pump before paying.

Often these devices will look out of place, be crooked, wobbly and all around not very secure. Tugging at the card reading block is a good way to be sure.

"Look around at the other

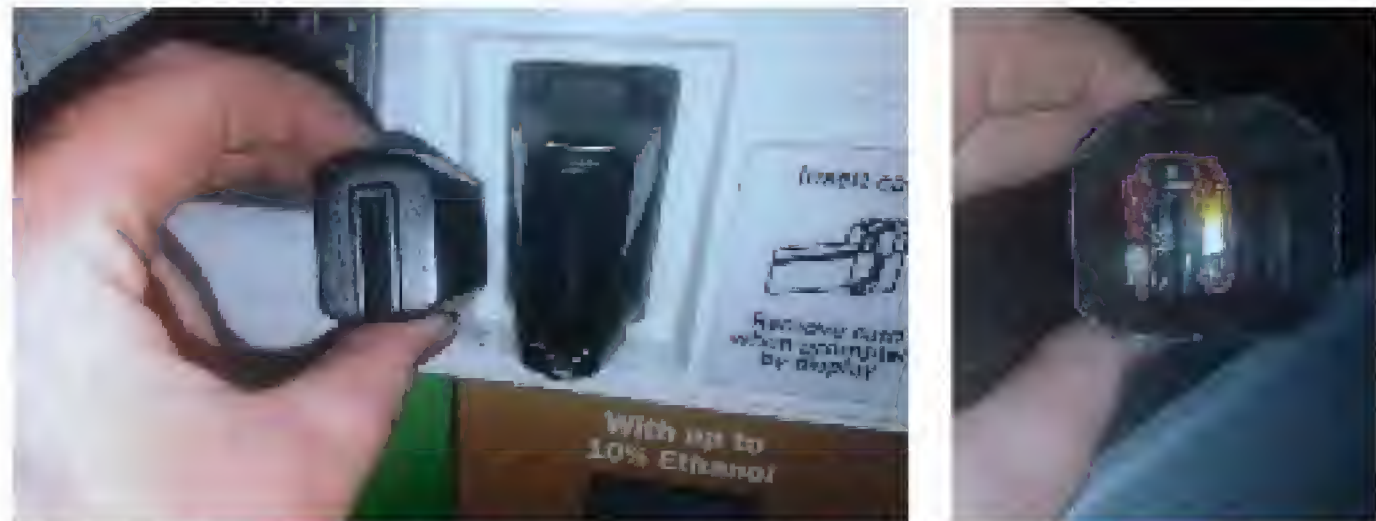


pumps to ensure they all look the same," Bell said. "If they don't there's probably something wrong."

Another way to be safe is to go inside to pay for gas whenever possible, and always monitor banking information.

Bell said if a Calgarian feels they've been victimized by any fraud scheme, they should call the CPS non-emergency line, and get a hold of their bank to change information and passwords.

"I'm debating using cash from now on," Ensign said.



Jeremy Ensign took these photos of the skimming device he found on a gas pump ATM. Police say consumers need to be vigilant for these sorts of devices. COURTESY JEREMY ENSIGN

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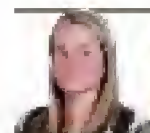
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School openings delayed by weather

EDUCATION

'Insane amount of rain' to blame, says ministry



Lucie Edwardson
Metro | Calgary

Rain isn't always a good thing — specifically for construction, according to the Alberta Ministry of Education, who said the inclement summer weather has caused delays for new schools slated to open in Calgary next month.

Larissa Liepins, press secretary for education minister David Eggen, said the weather has put a damper on the scheduled opening days.

"There has just been an insane amount of rain, so that's the main reason for the delays," she said.

But, according to the CBE, only two schools that were among those set to open in September will be opening their doors late. The first official day of school for the CBE is Sept. 6.

Dany Breton, CBE superintendent of facilities and environmental services, said the schools opening late are Buffalo



CBE supt. of facilities and environmental services, Dany Breton said only two CBE schools are behind schedule. They will open later in September. LUCIE EDWARDSON/METRO

Rubbing Stone School, which will now open September 26, and Peter Lougheed School which will have a delayed start by three days, opening Sept. 9.

"Of course with any construction projects there are always a multitude of factors that can impact delivery of a project and we faced some of those issues with Buffalo Rubbing Stone School," he said. "This project right from the start ended up striking some soil site conditions that were

unanticipated and subsequently the rain we've had through the summer hasn't helped us at all."

Breton said students who're supposed to attend Buffalo Rubbing Stone will be temporarily relocated at either Alex Munro School or Panorama Hills School. He said parents have been informed of contingency plans.

Additionally, Breton said CBE will be opening the doors of 10 schools and an Aboriginal learning center in January. He said

several of those schools will use a "school within a school" model.

"Essentially it's a lift and shift," he said. "Principals, teachers, staff and students for those schools will be together from the start of the school year and will move to their new schools when they're ready to open."

Breton said the schools opening in September will be providing spaces for over 6,600 students and those opening in January will provide another 6,000.

LABOUR

No sign of recovery in number of claims



Helen Pike
Metro | Calgary

For those looking forward to the data set that will show Alberta's economic recession easing up, this isn't one.

A Statistics Canada report showed that although May's 11.4 per cent spike in Alberta employment insurance claims could be attributed to the Fort McMurray fire, the steep drop in claims still shows a steady plateau of those collecting benefits, according to an expert.

"It certainly tells us that the big increase we saw in May was entirely due to the fire and didn't represent a permanent deterioration in Alberta's labour market," said University of Calgary economist Trevor Tombe. "The number we saw in June, at 30,000, is the lowest (claim number) we've seen since October."

In June, 77,200 Albertans were listed as beneficiaries, a 0.8 per cent drop from the previous month, which isn't a sign of recovery.

Tombe said compared to 2015 and 2014, the province's beneficiaries are higher; StatsCan's report shows year over year the province has seen a 48-per-cent increase in beneficiaries.

But compared to other provinces, Alberta's EI beneficiary numbers are mid pack, with eastern provinces reporting higher rates.

It's more difficult to draw a line between unemployment and EI beneficiaries, because, Tombe said, not all those who are out of work can apply for EI.

"They're two different types of workers," said Tombe. "The two don't necessarily move together, and we saw last week the unemployment rate has gone up quite a bit to 8.6 per cent."

POLITICS

Ask Her happy to see 5 women candidates

A Calgary group that is encouraging more women to run for city council is claiming a victory this week.

The number of women registered to fundraise for next year's election has jumped from only the two incumbents — Druh Farrell and Diane Colley-Urquhart — to a total of five candidates.

Faith Greaves, Grace Mary Nelson and Michelle Rae Robinson were added to the list, increasing the percentage of women running to 16 per cent. That's up from seven per cent last week.

"We're so excited to see three new women added to the list of candidates running," said Kara Lewis, board member

of Ask Her.

"Ask Her is happy to have played a role in encouraging these women to participate in the 2017 municipal election."

"Another woman, Amelia Marie Newbert, will be submitting her papers shortly," said Lindsay Amantea, also a board member of Ask Her.

"We're almost halfway to our goal of registering 20 women candidates for the 2017 municipal election and we've only been around for a few months."

The group is looking to speak with other women who are thinking about running. Ask Her plans to offer equal financial support to all women who run for council in 2017.

METRO

CRIME

RCMP identify human remains as missing man

RCMP in southeastern Alberta have identified human remains as those of a Brooks, Alta., man and have issued an arrest warrant.

Police say the remains

found in April of this year are those of 45-year-old Mohamed Jama Abdi who had been reported missing last July.

The victim left on vacation earlier that month but was

reported missing when he failed to return to work.

RCMP investigated the disappearance and have designated it a homicide.

Police have issued a Can-

ada-wide warrant for the arrest of 41-year-old Ali Abdullah Awale, formerly a resident of Brooks, in relation to the death.

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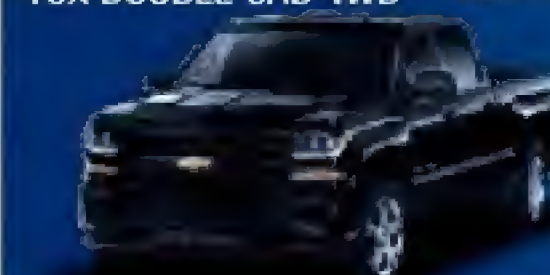
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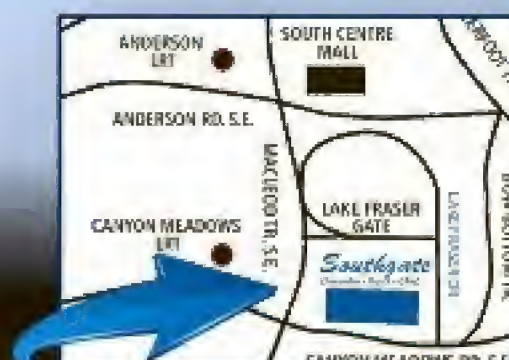
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Wildrose voters prefer Jean to Kenney

metro EXCLUSIVE

Supporters like would-be leader but prefer their own guy: Poll



Brodie Thomas
Metro | Calgary

Jason Kenney may have caught the eye of Wildrose supporters, but those same voters may be more loyal to current leader Brian Jean than he anticipates, according to a ThinkHQ/Metro Poll.

The poll of 1,221 Albertans looked at Kenney's approval ratings when compared with other possible PC leadership contenders.

It also broke down his approval by party support. Those who said they intended to vote Wildrose gave Kenney a 64 per cent approval rating. By comparison, those who said they intended to vote PC gave him a 60 per cent approval.

In other words, declared Wildrose supporters like Kenney more than declared PC supporters.



Although our poll didn't put them head to head, Brian Jean and the Wildrose Party still polls favourably to Jason Kenney when you dig into the latest numbers from ThinkHQ. CP FILE PHOTO

And yet, ThinkHQ President Marc Henry asked poll participants to take part in a mock ballot. The ballot assumed no merger between the Wildrose and the PCs.

Participants were given the

choice between a PC Party led by Kenney, a Wildrose Party led by Brian Jean, and the three other parties with their current leaders.

The results had the NDP still winning the election with 32

per cent of the vote, while Wildrose and PCs came second and third respectively with 22 and 21 per cent of the vote.

"So you go from a situation from where the Wildrose is winning now, by about six points,

to where Jason Kenney takes about 20 per cent of their vote. It actually benefits the NDP," said Henry. "The whole notion of a merger is not a slam dunk when you've got 75 per cent of Wildrose voters saying, 'I'd

rather vote for Brian Jean."

The mock ballot results surprised Mount Royal University political scientist Lori Williams.

"I would have thought Wildrose supporters would be more likely to support Jason Kenney than others, but here we're talking about current Wildrose members preferring Brian Jean over Jason Kenney," she said.

While Kenney had a 64 per cent approval rating among Wildrose supporters, Brian Jean had a 90 per cent approval rating among the same group in another recent poll.

For Williams, the results raise questions about the feasibility and mechanics of a Wildrose-PC merger.

"If Brian Jean is in the running, he's more likely to hang on to the Wildrose support than Jason Kenney is," she said.

This online survey utilizes a representative but non-random sample, therefore margin of error is not applicable.

However, a probability sample of this size would yield a margin of error of +/- 2.8 percentage points at a 95 per cent confidence interval.

To join the Voice of Alberta Panel, visit voiceofalberta.com.



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Alberta



Headliner off lineup

MUSIC

Palomino pulls U.S. band after backlash from activists



In the battle of free speech, a Calgary bar has changed their minds after a controversial headliner was set to take stage, much to some people's chagrin.

Shortly after announcing the Sept. 17 show headliners: Black Pussy, a controversially named Psychedelic Rock & Stoner Pop band out of Portland Ore., the Palomino has heard outraged cries and pulled the band from the lineup.

The name has been deemed problematic by local feminists, music lovers and activists who say it further marginalizes women of colour with undertones of objectifying their genitalia, slavery and rape.

"We are sorry if any of our supporters, friends, regulars, partners or peers are disappointed or offended as that was certainly not our intent," read a statement issued by management of The Palomino Smokehouse.

"The Palomino has always been a strong supporter of independent music artists keeping things exciting, interesting, diverse and consistent for all personalities that pass through our doors."

Hayley Muir, co-founder of Fernie Wave explained the band has created bad blood in Cal-

gary before at the Palomino, and members of the community have spoken out about the distasteful name in the past urging the same pub to reconsider booking the band in the future.

"We're really happy that they made that choice and listened to the community," said Muir. "At the end of the day there's good folks at the Palomino, it feels good."

The band's Facebook page notes their name originated from the lyrics in a Rolling Stones song entitled Brown Sugar. The song's working name was famously changed from Black Pussy at the time; a fact the band didn't realize at the time they chose the moniker.

They've been asked to change their name in the past.

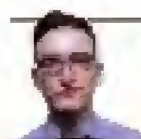
"When Mick Jagger wrote Brown Sugar he was in an intense, year-long, secret love affair with Marsha Hunt, a black actress and model," read the band's Facebook page. "Both have cited her inspiration for the song."

The band wrote about their distaste for "knee jerk" reactions to their name, adding they encourage discussion asking their fans to come see a show, bring the weed and they will bring the tunes.

"Any time this comes up there's always people who refuse to listen and continue pushing a very real criticism to the side," Muir said. "It turns into this freedom of speech, and social justice warriors are demanding censorship and whatnot. As Black Pussy is continuing to recognize their freedom of speech to perform under a dumb name, we're also exercising our freedom of speech to criticize it."

EDMONTON

Police concerned about Ice District presence



Edmonton's police chief is worried about a lack of resources in downtown with Rogers Place arena opening next month.

Chief Rod Knecht said Thursday he is "not entirely comfortable" with the 40 officers he is able to add to the area, which will mean about

seven or eight on the ground
at a time

"You have an event where you may have 30, 40, 50, 60,000 people at it. Seven more police officers — I don't know if it makes a big dent," he said. "So are we concerned? Yes we are."

He said the Edmonton Police Service has a plan that will evolve as things play out in the district. Some officers will be pulled from other areas of the city, and more

Seven more police officers — I don't know if that makes a big dent.

Police Chief Rod Knecht

will be used on event nights.

Police hope to open a community station in the district using private sector dollars.

and Knecht said he is currently in conversation with people who are willing to work with police to get it done.

"We certainly don't have the budget for a storefront in the arena district," he said.

Rogers Place security director Kevin Kobi said he is confident in his team's relationship with the police and their ability to keep the area safe.

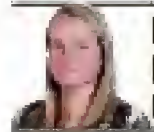
"I'm not uncomfortable with our plan at all," he said.

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Neighbours call SPCA over bull

PRIDDIS

Owner to put animal down as hoof rot persists



Lucie Edwardson
Metro | Calgary

A group of concerned neighbours allege an ailing bull in Priddis was left to suffer and die by its owner, forcing them to call the Alberta SPCA — but the owner said that's not the case.

Maegen Hawkes said she was visiting friends in Priddis Sunday when they took her to see the bull, who she said was in visible pain, emaciated and unable to move.

"I could feel its ribs, its hair was coming out and his back two feet had foot rot," she said. "He couldn't move or stand and was just laying there."

Hawkes said she and a group of neighbours couldn't bare to see the animal in that condition and together brought him 15 gallons of water, hay and oats to eat and together they moved



The bull, when Hawkes and neighbours went to feed and water it. Hawkes said foot rot could be seen and the bull was in visible pain. MEAGAN HAWKES/CONTRIBUTED

the bull to a more comfortable position. She said in the end they felt they had to call the SPCA about the animal.

"No animal should be treated like that," she said.

Dagmar Fortmuller who

owns the property the bull was on and whose son Max is the owner of the bull said that's just not a fair assessment of the situation.

"It is a pasture animal, like all of our other cattle it is left

outside all the time," she said. "It's been a very wet summer and things like hoof rot happen in those conditions."

Roland Lines, spokesman for Alberta SPCA, confirmed to Metro Wednesday afternoon

that they'd been called about the bull and had visited it on Monday.

"We did respond to a bull in the Priddis area that was reported to us as being unable to stand," he said. "The bull has a

66

He couldn't move or stand and was just laying there.

Maegen Hawkes

treatable infection in its hoof and our officer made sure it had food and water brought to it because it was unable to walk."

One neighbour, who asked to remain anonymous, said he's had experience with farm animals his whole life. He said what the bull was going through he would categorize as "abuse."

"This poor bull was a huge bull and has lost so much weight ... and he couldn't get up to walk," he said.

Fortmuller said her son had been checking on the bull each day, and on Wednesday made the decision to euthanize the bull as its condition wasn't improving.

"I just don't understand why our neighbours wouldn't come talk to us first before calling the SPCA," she said. "We would never do anything to hurt our animals."

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CREDIT

Oil-producing provinces see increase in delinquencies

Delinquency rates in Alberta and Saskatchewan climbed higher in the second quarter due to the continued fallout from the drop in the price of oil.

Equifax Canada says the delinquency rate for Alberta stood at 1.4 per cent, up 40.3 per cent compared with a year ago. The rate in Saskatchewan climbed to 1.2 per cent, a gain of 22.7 per cent.

Newfoundland, which has

also been hit by the downturn in oil, was up 19.4 per cent at 1.3 per cent.

The national delinquency rate was 1.1 per cent, up 4.1 per cent from a year ago.

The rise in delinquency came as the total amount Canadians owe increased in the second quarter to \$1.66 trillion, up 6.3 per cent compared with a year ago, according to data compiled by Equifax.

THE CANADIAN PRESS

+ EQUIFAX

The credit monitoring agency says the increase came due to growth in instalment loans, auto loans and mortgages. Excluding mortgages, consumers owed on average \$21,878, up 3.4 per cent from a year ago.

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Left in the dark

PUBLIC SAFETY

Streetlights off for a month in Huntington Hills: Residents



Brodie Thomas
Metro | Calgary

Janine Scott knows exactly where she was when the lights went out.

The resident of Huntington Hills had stepped out on her deck for a cigarette around 2 a.m. on July 16 when she saw all the streetlights in her Close blink off.

"They all went off at once," she said. "I looked in the house and I could see our power was still on."

Scott said the effect of having all the streetlights out in one area made the neighborhood feel very unsafe.

"Many of the residents take transit and are walking home now in the pitch black with no streetlights," she said. "There are several people that walk their dogs at all different hours."

Scott said she and other residents began to report the problem to 311, but when they compared notes they were getting different responses.

After a month had passed, Scott contacted Metro with the story.

“

Many of the residents are walking home now in the pitch black.

Janine Scott

Doris Kaufmann Woodcock, spokesperson for Enmax, said there may have been some crossed wires about the extent of the problem at first.

"In this particular case, the original service request was for one light only,"



Residents of Huntley Close NE felt unsafe after dark when all the streetlights in their close went out and remained off for a month. JENNIFER FRIESEN / METRO

she said. "This came in on July 17. There were, however, other service requests for that street that trickled in later."

She said over time the extent of the problem became clear and the matter moved up the queue, and was addressed on Thursday,

or 31 days after the first call.

Kaufmann Woodcock said Enmax has a priority system for streetlight outages that gives priority to multiple light outages on high-traffic roads.

"Our targeted repair times for is 30 days or less for all residen-

tial lights and we are currently averaging 22 days overall," she said.

Enmax had to replace an entire light pole to fix the problem. She said to the best of her knowledge, everything has been repaired.

ACCREDITATION

Med school makes the grade

The medical school at the University of Calgary has become one of the first to be accredited using new Canadian standards which came into effect last year.

Dr. Jon Meddings, dean of medicine, says renewed accreditation is something that would normally be taken for granted.

But he notes that in the last 10 years, four of Canada's 17 medical schools have failed to meet recognized standards.

He says a school has to do major remedial work to regain the designation once it is lost.

Meddings says failing to achieve accreditation is not only a black eye for a medical school, but can also make it tougher to attract students.

He says the Committee on Accreditation of Canadian Medical Schools evaluates a school on 95 different elements, including curriculum and student evaluation.

The U of C's Cumming School of Medicine is one of only two three-year medical schools in Canada.

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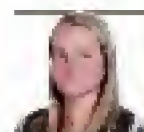
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Officers' driving habits closely watched

POLICE

Program has led to decrease in 'unjustified' traffic



Lucie Edwardson
Metro | Calgary

The Calgary Police Service

is monitoring the driving habits of their members very closely, daily if necessary, according to the service.

Insp. Doug DeGrood said using their Automated Traffic Enforcement Program (ATEP), the service has seen a decrease in the number of "unjustified," traffic violations from CPS members—dropping from 18 per cent in 2015, to 12 per cent in 2016. "They're broken down by

justified and unjustified," he said. "Obviously the justified ones are the ones where they're en route to a call or they're on an emergency response and they activate either a red light camera or speed on green or mobile photo enforcement."

DeGrood said they aren't just monitoring CPS officers' driving when they receive a complaint, but actually on a daily basis.

"What we do, and employ a lot of rigor to it, is we run a daily report on speed thresholds and anyone who seems to be in excess of what we deem is appropriate we will follow up with that member and their commander each and every time," he said. "So there's actually a lot greater scrutiny out there than what the public might observe and report to us."

In a perfect world, De-

Grood said there would be no collisions or enforcement issues with CPS drivers, however he said that's not realistic, they deal with each situation on a case by case basis.

"When they do make mistakes we try and team them with an accountability matrix or framework," he said. "We've chosen to not ignore the problem but to integrate it into the performance assessment of each officer

that's affected by it."

DeGrood said if the incident is a one off then they will use it as a counselling session, but if they notice a bad pattern with an officer's driving they will intervene, find out the root of the problem and attempt to work through it.

CPS said officers can face suspension or discipline if their driving is continuously problematic.



The WestJet review rated five company policies in terms of their effectiveness. Four of the five were rated as "developing." ADRIAN WYLD/THE CANADIAN PRESS

WESTJET

Ex-flight attendant feels view validated

A former flight attendant suing WestJet says a review into the airline's workplace harassment policies validates her view that the company is failing to protect its employees.

The Calgary-based airline hired professional services firm Ernst & Young to do the independent review between March and July.

A report released Thursday highlights ways WestJet can improve how it communicates and applies its "respect in the workplace" rules.

The review followed legal action taken earlier this year by Mandalena Lewis, a former flight attendant who alleges the company did not take proper action when she reported that a pilot sexually assaulted her while on a stop-

over in Hawaii. The allegations have not been proven in court.

other and there's a complete lack of accountability here," Lewis said. "The fact that they did receive such a failing grade in this limited mandate is incredibly revealing."

The review used three categories — developing, established and leading — to rank five aspects of WestJet's policy including governance, compliance, risk management, education and accessibility.

Four out of five aspects were deemed as developing. That means the environment is "generally inefficient, contains potential contradictions and is not necessarily in alignment with strategic direction" and that "risks and policies are not well understood and consistently managed throughout the organization."

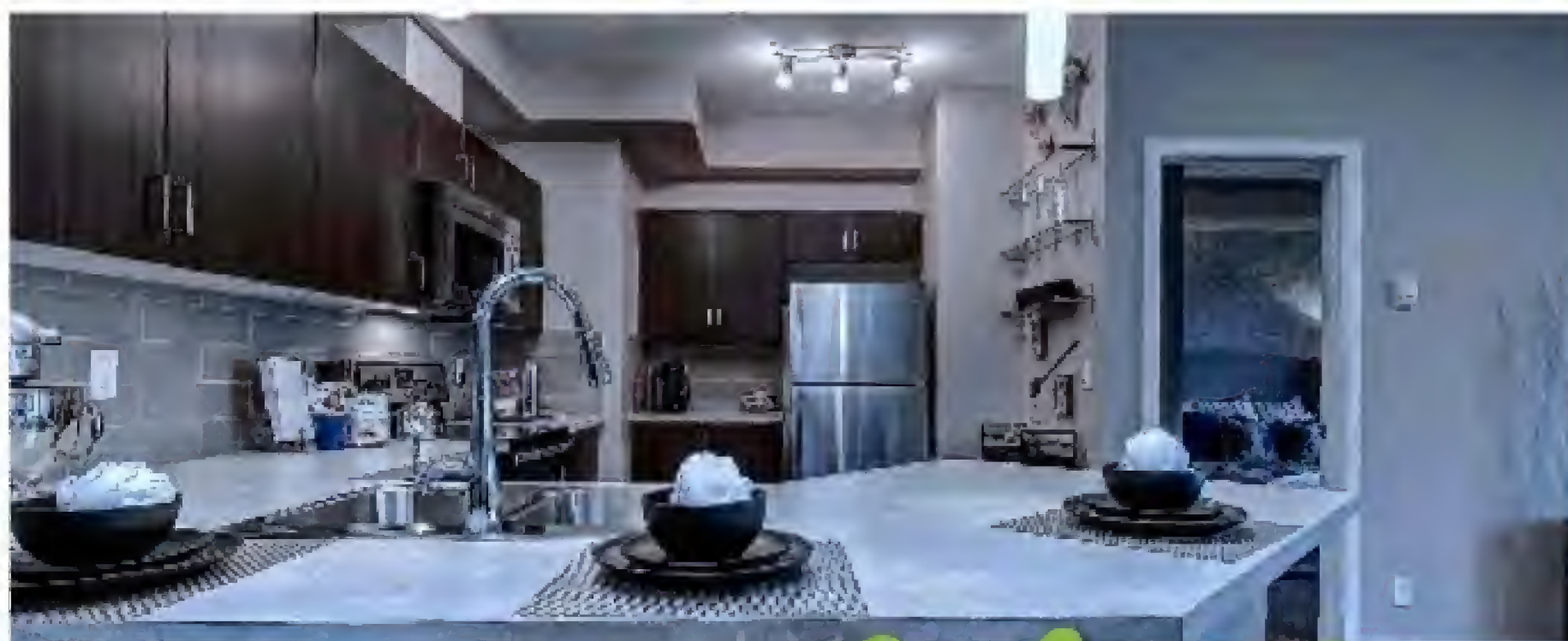
The fifth aspect — how easily employees can get access to written policies — was in the established category.

Ernst & Young makes five recommendations. One is that WestJet update its policy — something it says hasn't been done since 2007. Others include that the airline formally train staff to ensure issues are handled consistently.

THE CANADIAN PRESS

It has confirmed my fears of the systemic issues that have been going on WestJet.

Mandalena Lewis



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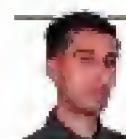
STREETSIDE DEVELOPMENTS

QUALICO 65

Sharepoint: Unsexy but secure

SOFTWARE DEVELOPMENT

There's more than games in coding world: InnoTech head



Aaron Chatha
Metro | Calgary

Microsoft Sharepoint is like the props guy of the software development world. He spends all day categorizing and maintaining items, while the rest of the project chugs ahead, generally forgetting he's there.

But when the next scene calls for a giant axe, a stick of dynamite or the endlessly fun fake ice cube, the props guy is always there to provide.

Unfortunately, unlike Hollywood, there aren't a lot of people interested in learning Microsoft Sharepoint, a cloud-based data management software that has a monopoly on 90 per cent of medium and large-sized business.

That's why the newly founded InnoTech College in Calgary and Edmonton is focusing on exclusively teaching Sharepoint for its first round of programming.

It might not be as glamorous as creating video games or apps, but in a troubled economy, InnoTech president Julie Rubin said it can provide a stable job that's very much in demand.

"Once you're a Sharepoint developer, you can work in any industry — because every industry is reliant on the software to manage their information systems," said Rubin, who explained it's used in arts, science, oil, government, theatre organizations



With a high unemployment rate in the province, Julie Rubin said there's demand for Sharepoint development — but it's not as appealing as making video games or apps. AARON CHATHA/METRO

and more.

"It's definitely one of our more sought after skill sets," agreed Rory Brady, from tech recruitment firm Robert Half. "I'd say it's top four out of the skill sets our

clients are looking for right now."

Currently companies are forced to train staff members on Sharepoint or hire self-taught individuals. Individuals trained in Sharepoint looking for work in

Calgary are like unicorns, Rubin said. "It's almost like they don't exist — there's so few of them."

According to Glassdoor.ca, Sharepoint developers can expect to start in the \$60,000 – \$70,000

range for salary. Rubin said the Sharepoint program at InnoTech does require a bit of prerequisite programming knowledge in .net.

For more information, visit www.innotechcollege.com.

Canadians fear tech taking jobs

When Skynet finally emerges, will it wipe out humanity as we know it? Or will the robots be content in simply taking our jobs?

According to a new Angus Reid poll, nearly two-in-three Canadians believe new and developing technologies will eliminate more jobs than they'll create.

In fact, one in five Canadian workers reported their job security has already been negatively affected by technological changes in the work place — and about three in ten say it will happen in the next decade.

However, about 51 per cent of working Canadians said improvements in technology over the past decade have had a positive impact on their job satisfaction.

The poll was conducted among a representative randomized sample of 1,516 Canadian adults.

There was a margin of error of +/- 2.5 percentage points. AARON CHATHA/METRO.

1 in 5

One in five Canadian workers reported their job security has already been negatively affected by technological changes in the work place.

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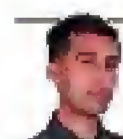
Playwright John Murrell will be taking on the role of Falstaff himself in the upcoming production.

COURTESY MIKE + DIANE PHOTOGRAPHY

Fat lady sings for Falstaff

DRAMA

Shakespeare's recurring comic relief gets final act



Aaron Chatha
Metro | Calgary

Sir John Falstaff, one of Shakespeare's most delightful and deplorable characters, is at death's door.

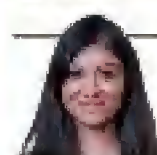
In his new play, Calgary playwright John Murrell explores the closing curtain of a man that thoroughly amused audiences in King Henry IV part 1 and 2, and again in The Merry Wives of Windsor. Yes, he was such a popular character. Shakespeare brought him back for multiple outings.

"For whatever reason, he didn't put Falstaff's death into a play," said Murrell. "He didn't write those scenes. Some people say it's because the actor who played Falstaff had either died or quit Shakespeare's company."

For whatever reason, he didn't put Falstaff's death into a play. Some people say it's because the actor who played Falstaff had either died or quit Shakespeare's company. John Murrell

SPORTS

LGBTQ athletes face barriers competing



Sanam Islam
For Metro | Edmonton

Before she came out as gay three years ago, 27-year-old Olympic speed skater Anastasia Bucsis battled depression and anxiety.

"I remember how lonely and alienated I felt as I struggled to accept my identity," the Calgary-based athlete said. "I really lacked any kind of out role model in my sport, which compounded every-

thing. It was definitely tough."

LGBTQ acceptance and inclusion in sports is an issue Bucsis, along with local LGBTQ athletes and Brian Burke — president of hockey operations for the Calgary Flames — will be speaking about during an Edmonton Public Library panel discussion being held on Aug. 24.

"While we've seen a lot of strides being made in professional sports ... we still don't have any out professional athletes in major league rosters,"

said Kris Wells, panel moderator and director of the University of Alberta's Institute for Sexual Minority Studies. "It begs the question ... what continues to be the barrier in coming out?"

He said he believes it's a combination of factors: the fear of media attention, concerns about losing endorsement, and being seen as a distraction to the game.

Homophobia — particularly in male-dominated sports — is also still rampant, he added.

However, he said he's encour-

aged to see more leaders — such as the Edmonton Oilers' former captain Andrew Ference — challenge players engaging in homophobic behaviour. Sports leagues and institutions, such as the Canadian Olympic Committee, have also launched campaigns and policies to promote LGBTQ inclusion in sports.

More allies, he hopes, will create systemic change and eventually lead to a point where being an openly gay athlete is seen as "normal", he said.

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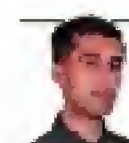
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PLACES TO WATCH THE HIP'S FINAL SHOW

Not in Kingston this Saturday? That's pretty tragic, but there are still a number of great ways to enjoy the final Tragically Hip concert, live from their hometown of Kingston, Ont. The broadcast starts at 6:30 p.m., courtesy of the CBC, and the majority of venues are offering seats for free. Here are a few venues we'd recommend.



Aaron Chatha
Metro | Calgary



CONTRIBUTED

1 Stephen Avenue Celebration Site

Set up on giant screens between Centre Street and 1 Street SE, it's a familiar setup for anyone who's stopped by the area to watch the Rio Olympics recently. There are a limited number of chairs set up, but it is outdoors, so dress appropriately.

CONTRIBUTED



2 Cineplex Odeon Eau Claire Market

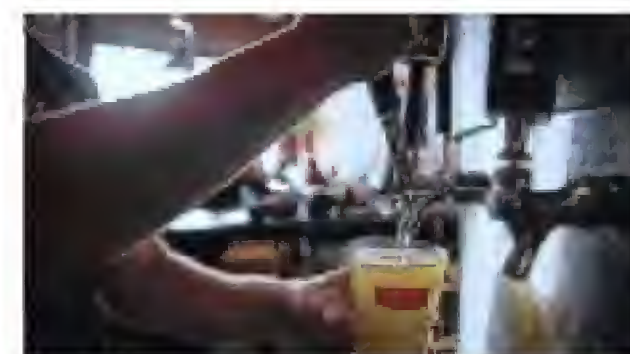
Watch Gord Downie's larger-than-life performance with the comfort — and sound — of a movie theatre at the Eau Claire Cineplex. Tickets are free and available in advance — but you do have to trek down to the box office in-person to get them.



CANDICE WARD/FOR METRO

5 At home

If you're not feeling the crowds and want to enjoy The Hip's final performance with all your household comforts, the broadcast starts at 6:30 p.m. Grab a drink and a box of Kleenex if you're the sentimental type.

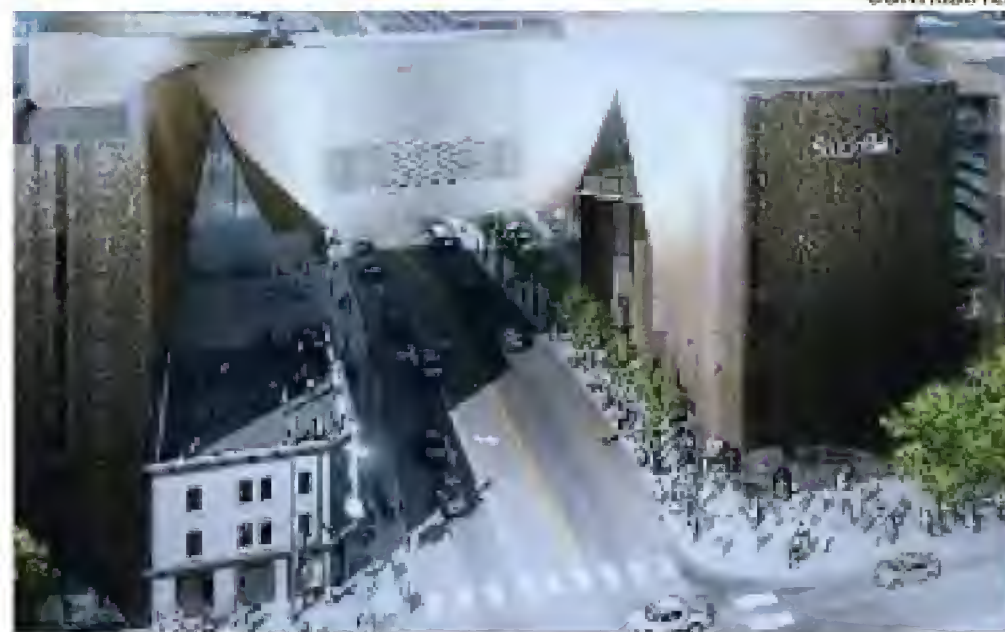


JENNIFER FRIESEN/FOR METRO

4 The local bar

Tons of local bars and hangouts are tuning into the concert, including — but not limited to: The Canadian Brewhouse, Last Best, Marquee, National, The Last Straw, Tenth Street Landing, Vagabond Calgary and seven different Boston Pizza locations.

CONTRIBUTED



3 National Music Centre

Home of the Canadian Music Hall of Fame, the Studio Bell National Music Centre is opening up their performance hall to screen the live broadcast in the still-sparkly new building. Pre-register for a seat at studiobell.ca.

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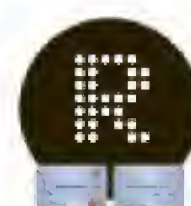
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WEEKEND EVENTS

FRIDAY – Global Fest

The annual summer fireworks festival returns with five fireworks shows from Brazil, Chile, Mexico, The United States and Canada. All the shows are synchronized to music and sound effects. Before the show, attendees can visit cultural pavilions at the OneWorld Festival.

AARON CHATHA/METRO

SATURDAY – Paws in the Park

The third annual fundraising and awareness event for the Alberta Animal Rescue Crew Society will feature on-site dog services and a pet vendor market. There's also the ever-popular pet paw-geant to enter your adorable, furry friends into. Starting at 11 a.m., the event will take place in River Park.

For more information, visit aarcs.ca

SATURDAY – Antiquing at the Arc

Rummage through furniture, military memorabilia, art deco, toys and more at the annual antique show. You might find a traditional treasure, or something a little more offbeat. Visitors can even bring in their own antiques to have them appraised for \$12 each. For more information, visit antiquesbydesignshows.com

SUNDAY – Mini Maker Faire

The Mini Maker Faire returns with the Telus Spark, with local makers showing off their robots, wearable technology, video games, steampunk assembly, fashion and more. The show is all about progressing the maker movement, with shows off the resourcefulness of Calgarians making new and exciting innovations.

For more information, visit sparkscience.ca.

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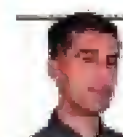
Daryn Jones hosted MTV live from 2006 to 2012.

COURTESY DARYN JONES

Jones lights up comedy scene

ENTERTAINMENT

The former host plays at The Laugh Shop Aug 20.



Aaron Chatha
Metro | Calgary

How does your standup differ from entertaining on-air?

The cool thing about what I do on stage is, a lot of it is improvised and the audience interaction is huge. I love talking to the crowd, I love getting material out of the crowd.

If you come to my show, basically it's an Ask Daryn Anything. When you're standing in line, a simple, little piece of paper is handed out, you can put any question you want, it goes in a bucket. I get the bucket on stage, pull them out one by one and have a lot of fun with it.

My standup show is totally interactive, spontaneous and a lot of fun.

Way back before MTV, you were originally a host on YTV — how fun was that experience?

YTV was my first paid TV gig — so I was still in high school.

I was doing a little show on local, community access — I was doing standup comedy around Toronto in my late teens, then I did this.

And it was great. It was completely live, it was unscripted, it was improvised — talking to the audience, viewers, responding to email, talking to puppets and all that kind of stuff.

So it was a trip man, because I was so young. I was on live TV across the country and I wasn't much older than the audience that was watching.

Is there anything you miss about being on MTV?

Oh my god, MTV was such a great time in my life. It was so much fun, I worked with such great people, we had awesome talent and celebrities come through.

Tom Cruise came through. He was a very nice guy. He didn't try to get me on the spaceship, so that was nice.

Adele was on MTV Live and that was her first live TV appearance in North America. So, we had her first, I'm proud to say that.

It was such an amazing experience and a lot of people loved that show.

You come to my live show, you're going to get a lot of elements of that MTV Live show.

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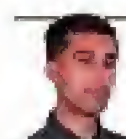


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Sharing their love for anime, live

SCENE YYC

Group dresses up, performs hits from Love Live! series



Aaron Chatha
Metro | Calgary

A group of Japanese students have started an international pop band to raise funds and save their beloved, but failing high school.

That's the plot to the popular Japanese anime series Love Live! School Idol Project.

Meanwhile, in Calgary, a group of young women are putting on outfits and holding concerts using dances from the show to entertain audiences, and bring awareness to these fictional characters dancing to save their beloved, but failing school.

They call themselves Dancing Stars on μ's (pronounced muse), and they're currently 13 members strong.

"Our name is specifically from a song, but we each have a different character we identify with mostly, and we each dance that

character's part consistently," explained group member Carter Yont.

The women put together the outfits and the wigs — thereby significantly increasing Alberta's crazy hair quotient every time they put on a costume.

Yont takes references from Honoka Kōsaka, the ginger-haired protagonist and constant optimist.



It's unfathomable how fun it is being up there with some of my closest friends.

Carter Yont

They lip-sync the songs and spend months working on learning the choreography — which isn't easy with a group so large.

There have been a number of performers within Japan inspired by Love Live! and who have started performing songs and dances from the show — in fact, the show even had official dancers who put their choreog-

raphy online for others to learn from.

But the craze has steadily been increasing outside of Japan — in fact, Dancing Stars on μ's have been performing at various anime and costume conventions around North America for about two years now. Yont said there are several groups like hers in Alberta.

For her, the show is more accessible than many male-oriented anime shows. She says it possesses some very Disney-like qualities.

Having little to no formal dance training, it takes a huge amount of courage for these women to jump on stage and perform.

"It's such a rush, I literally can't explain it," Yont exclaimed. "It's unfathomable how fun it is being up there with some of my closest friends. I don't care if no one was watching — it's the best."

Performing is a way to make friends, gain confidence and support something they care very much about — which is an accurate statement for both the show, and the group.

They next perform at Otafest Pocket on Sept. 10.



Marcus, Jaylene and "Maki Nishikino" take inspiration from their favourite Love Live! characters. COURTESY CARTER YONT

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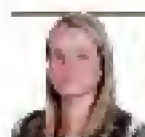
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EQUALITY

Boards' LGBTQ policies are approved



Lucie Edwardson
Metro | Calgary

Both Calgary school boards' policies pertaining to the rights of LGBTQ students are good to go for the upcoming school year, according to Alberta Education.

Larissa Liepins, press secretary to Minister of Education, David Eggen confirmed that the policies put forward in May

by the CBE and the Catholic School District (CCSD) have met the requirements put out by the minister.

She said there are still a few school boards in the province who need to finalize their policies.

"We're still in the process of reviewing some of them," she said. "We're working with some boards who need a little extra help."

Eggen told Metro this process is about informing school

boards of their "responsibility to the law."

In an open letter penned by the minister to LGBTQ students Tuesday, which has since been shared more than 1,400 times on Facebook, he told them they should know they are protected and respected at Alberta schools.

"A few weeks from now, you and thousands of other Alberta students will head back to class. And when you do, you have rights that your

schools will respect," wrote Eggen. "You have the right to feel safe and welcome at school."

The open letter includes an email where LGBTQ students can reach out to the ministry if they have an issue or concern.

Eggen said although there's still room for growth, the process of creating the policies has been positive.

"It's been very productive," he said. "I've felt we have moved a long ways."

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Marcos Ravelo, who organized the concert, says he's excited to show people that 'the Cuban culture isn't just here for festivals, it's in the community.' JENNIFER FRIESEN/FOR METRO

Cuban artist Jacob Forever hits Calgary

ARTS

Organizer says city has never seen a concert like this



Jennifer Friesen
For Metro

Ever since leaving Cuba 15 years ago, Marcos Ravelo has been looking for ways to bring a bit of home to the Prairies.

The owner of Havana Cuban Dance Studio has always done this through dance, but now he's announced a concert for Cuban musician Jacob Forever at the end of August.

"We've never had a Cuban concert like this in Calgary," he said. "But the Cuban community has grown through the years, so to see (Jacob Forever) here, who's one of the top Latin artists in the world right now, it's wonderful."

Jacob Forever's latest song, "Hasta Que Se Seque el Malecon" landed him a top spot on the Latin Billboard charts, and

he has collaborated with artists including Pitbull and OMI.

Since the U.S. and Cuba have restored diplomatic relations last year, Ravelo said he's seen more Cuban artists than ever finding success and reaching new international audiences.

"It's amazing," he said as he recalls hearing a Jacob Forever song play on the radio in Calgary. "There are a lot of Latin people in Calgary, and a lot of people in Calgary who have gone to Cuba, so I think it opens up a lot of new listeners."

The concert will take place at the Chinese Cultural Centre on August 26, starting with Latin dance lessons and performances before delving into the main concert at 10:30 p.m.

"We wanted to be able to show people that Cuba is here," said Ravelo. "We want to bring all the communities together for the event and say that the Cuban culture isn't just here for festivals, it's in the community."

For more information or for tickets go to havanacubandan-dancestudio.com.



Video footage showing Aaron Driver behind RCMP Deputy Commissioner Mike Cabana, left, and Assistant Commissioner Jennifer Strachan during a press conference in Ottawa on Aug. 11. JUSTIN TANG/THE CANADIAN PRESS

Mounties tight-lipped on foiled terror plot

INFORMATION

Aaron Driver investigation shrouded in secrecy

The RCMP has thrown a cloak of secrecy over many of the details around its Aug. 10 takedown of alleged terrorist Aaron Driver, saying investigations are ongoing.

In the immediate aftermath of the incident senior RCMP commanders provided a few key pieces of the story but put off many questions. They said investigations into a "still unfolding event" had not been completed.

But the Mounties were clear last week they had no information that Driver had any accomplices in what they said was a

plan to cause mass casualties in an urban centre with a home-made explosive device.

One week after his death, the Mounties remain tight-lipped.

Cab driver Terry Duffield, who was injured in the event, is demanding answers to his questions.

Duffield spoke out Thursday to say the police put his life in danger by failing to warn him as he waited in the driveway for the 24-year-old to emerge from his sister's home in Strathroy, Ont.

"Why did the police put my life jeopardy? They did absolutely nothing to help me at any time," Duffield told the London Free Press.

The RCMP did not respond to a request Thursday for comment on Duffield's concerns.

The RCMP also declined repeated requests over the past few

“Why did the police put my life jeopardy?”
Terry Duffield

days for information about the status of the investigation into what explosive material Driver had amassed, and how and where he obtained the material. The investigation is being led by RCMP forensics and explosives experts, said assistant commissioner Jennifer Strachan last week.

At the time of his death, Driver was subject to a peace bond that restricted his Internet and cellphone communications and banned him from possessing or acquiring any firearms, ammunition, prohibited devices or

explosive substances.

Sgt. Harold Pfeleiderer said by email, "We won't be commenting on an ongoing investigation and, of course, the details you are looking for would fall into that."

He would not reveal whether the investigation into Driver's acquisition of explosives was complete.

The RCMP also declined a request for clarification of the source of information that last week the Mounties said indicated Driver's unspecified threat would target an urban centre.

Last week, at an Ottawa news conference, deputy commissioner Mike Cabana, in charge of federal policing, said the RCMP received "credible information from the FBI including a martyrdom video" that the attack was imminent.

TORSTAR NEWS SERVICE

VANCOUVER

Canadian filmmaker wins Kevin Spacey award



David P. Ball
Metro | Vancouver

Mary Galloway will never forget the day she received a call from the foundation of one of her filmmaking heroes, House of Cards creator and star Kevin Spacey.

For one, the First Nations actor learned she'd been short-listed to become the first-ever Canadian filmmaker ever to win the Oscar- and Golden

Globe-winning actor's "Artist of Choice" award — and with it professional mentorship and \$10,000 towards her upcoming film about a First Nations nanny in the 1970s.

Mostly, however, she was shocked to discover that Spacey would be hand-picking the winners himself for his emerging artists fellowship, from roughly 2,000 applicants.

"I was just speechless. I still haven't stopped smiling about it."

Galloway — an acting grad of

Vancouver's New Image College of Fine Arts — submitted for his consideration Unintentional Mother, a short film she wrote in which she'll portray a young First Nations nanny forced to choose between loyalty and escaping abuse from her father.

Originally from Qualicum Beach, Galloway is Coast Salish and her directorial debut will unite two of her professional passions: writing memorable characters she can act on screen and "showing First Nations girls they can do what they want."



Mary Galloway
DAVID P. BALL/METRO IN VANCOUVER

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Kris Chung, left, Binh and Phuoc Wagner and mom Johanne Wagner in Kingston, Ont., on Thursday. **Kris donated part of his liver in April, 2015 to save Binh.** LARS HAGBERG/THE CANADIAN PRESS

Donor aims to help more kids

TRANSPLANT

Family starts non-profit for children in Vietnam

Kris Chung knew he had to help when he first read about an unspeakable choice facing an Ontario father who could only save the life of one of his two ailing three-year-old twin daughters.

Chung was in the middle of his first year at Royal Military College in Kingston, Ont., in 2015 when he saw a picture of Phuoc and Binh Wagner's family — also living in Kingston — and noticed their father's military uniform. Michael Wagner is a major in the army with three tours to Afghanistan under his belt.

The twin girls lived with a genetic disorder called Alagille syndrome that affects the liver, heart and other organs. Michael Wagner, a perfect match for

both, donated part of his liver to save Phuoc — a choice made by the doctors.

Little Binh waited for another perfect match.

Chung, whose father is from Vietnam, felt the pull further the more he read — the Wagners adopted the twins from Vietnam.

"I decided to help because it's the right thing to do and we're in the military so we help each other out," said Chung, now 21.

Even in the early days of military school, Chung said he felt like he was already part of the rat race, everything done to pursue a lucrative career.

"I feel like four years of a prime time in my life taken away by school where I don't give back to my community is kind of a burden," Chung said.

"So I put my name in and got a call a week later."

After many successful screenings he was the second on the donor list.

"I was disappointed because I put in a lot of effort and I knew I was one of the healthiest can-

didates around."

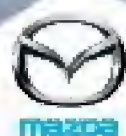
Then the top choice backed out and he got a call from the hospital and was told to be in Toronto in 12 hours. He hopped on a train within hours and was en route to Toronto. He didn't tell his parents about the upcoming surgery, but had to get his brother to sign power of attorney at the last minute in case he died or fell into a coma.

He eventually told his parents, who live in Vancouver.

Chung met with the girls' family after the transplant, but he is only going public with his story now because together with the Wagners they are announcing a non-profit organization, Twins For Hope, to help impoverished children in Vietnam.

"Kris is now part of our family, we love him — I mean what else can you do but love a person who saved your girl's life?" said Johanne Wagner, the twins' mother. "And now we're going to work on helping other kids in need with our foundation."

THE CANADIAN PRESS



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Philpott pays back cash for car service

POLITICS

Health minister apologizes for 'excessive costs'

Health Minister Jane Philpott is reimbursing taxpayers just over \$3,700 after it was disclosed her office paid thousands to a Toronto-based limo company owned by a Liberal supporter.

Philpott apologized for the "excessive costs" related to her work travel that was billed to Executive Sedan Livery Service Inc.

"This does not live up to the standard that Canadians expect and I have taken steps to ensure this does not occur again," Philpott said in a statement Thursday night. "I will personally reimburse in full the expenses incurred on March 31 and July 12 (\$3703.57) for travel to meetings that took place in the Greater Toronto and Hamilton area and in Niagara Falls."

Philpott also said she has asked her department to review travel booked to and from To-



Health Minister Jane Philpott will pay back \$3703.57 billed for two days of travel to meetings by car service. THE CANADIAN PRESS

ronto's Pearson airport — a bill totalling \$3,815 for 20 trips — with the same company to ensure that taxpayers were charged fair-market value.

"I will reimburse any excessive expenses based on departmental advice," she added.

Philpott's move to repay Canadians comes after the minister faced criticism from both opposition parties and a watchdog group, the Canadian Taxpayers Federation.

All raised questions about the cost of the service and the fact it was from a company run by a supporter who canvassed for the minister during the last federal election.

On Wednesday, Philpott's office disclosed to The Canadian Press that it spent \$1,994 on transportation on July 12 while the minister was speaking at the Assembly of First Nations annual meeting in Niagara Falls, Ont.

THE CANADIAN PRESS

SASKATCHEWAN

Shooting suspect pleads not guilty

Hundreds of people rallied peacefully Thursday morning outside a Saskatchewan courthouse where a farmer accused of fatally shooting a First Nations man pleaded not guilty.

Gerald Stanley is charged with second-degree murder in the death of 22-year-old Colten Boushie.

Supporters of Boushie held up signs and chanted "Justice for Colten" as lawyers left after Stanley's appearance in a packed North Battleford provincial courtroom.

Outside court, William Boushie said his brother's killing "took the light from my eyes."

"He went to have a good time at the lake."

"He promised me he was going to come home. Instead he comes home in a casket. Racism plays a part in this," he said.

Colten Boushie was killed on Aug. 9 after the vehicle he was in drove onto a farm in the rural municipality of Glenside, west of Saskatoon.

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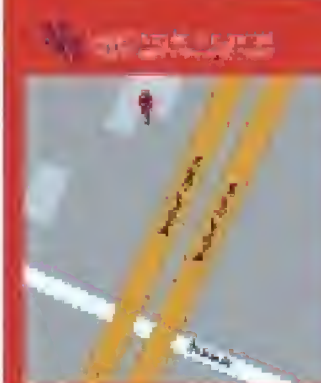
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A child sits in an ambulance after being pulled out of a building hit by an air strike on Wednesday in Aleppo, Syria. ALEPPO MEDIA CENTER VIA THE ASSOCIATED PRESS

Omran's image shocks world

AIR STRIKES

Boy brings to mind drowned Syrian refugee Alan Kurdi

The Russian military said Thursday it was ready to back a United Nations call for weekly cease-fires for Syria's contested city of Aleppo, as haunting footage of a young boy's rescue from the aftermath of an air strike shook global media.

The image of the stunned and weary-looking boy, sitting in an ambulance caked with dust and with blood on his face, captured the horror that has beset the war-torn northern city.

An hour after his rescue, the badly damaged building the boy was in completely collapsed.

A doctor in Aleppo identified the child as 5-year-old Omran Daqneesh. He was brought to the hospital, known as "M10," on Wednesday night, follow-

ing an air strike by Russian or government warplanes on the rebel-held neighbourhood of Qaterji, said Dr. Osama Abu al-Ezz. The boy suffered head wounds but no brain injury and was later discharged.

Rescue workers and journalists arrived shortly after the strike and described pulling victims from the rubble.

"We were passing them from one balcony to the other," said photojournalist Mahmoud

tors working in Aleppo's opposition areas do not give their full names for fear of reprisals against their relatives.

A nurse who treated Omran said "he was in a daze."

"It was as if he was asleep. Not unconscious, but traumatized — lost," said Mahmoud Abu Rajab.

Omran's three siblings, ages 1, 6, and 11, and his mother and father were also rescued from the building. None sustained

“It was as if he was asleep. Not unconscious, but traumatized — lost. Mahmoud Abu Rajab

Raslan, who took the photo. He said he had passed along three lifeless bodies when someone handed him the wounded boy. Raslan gave the child to a rescue worker.

Eight people died in the strike, including five children, according to a doctor who gave only his first name, Abo Mohammadian. Many doc-

major injuries.

The powerful imagery reverberated across social media, drawing to mind the anguished global response to the photos of Alan Kurdi, the drowned Syrian boy whose body was found on a beach in Turkey and came to represent the horrific toll of Syria's civil war.

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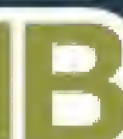


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IN BRIEF

Haiti's cholera victims deserve better, UN admits

The United Nations says it needs to do "much more" to address its own involvement in the introduction of cholera to Haiti and the suffering of those affected, estimated at more than 770,000.

Researchers say there is ample evidence that cholera was introduced to Haiti's biggest river in 2010 by inadequately treated sewage from a UN base. The UN has never accepted responsibility. THE ASSOCIATED PRESS

Shield your eyes

It's Donald Trump like he's never been seen before: Life-size naked statues of the Republican presidential nominee greeted people in New York, San Francisco, L.A., Seattle and Cleveland on Thursday. They're the brainchild of activist collective INDECLINE.

The collective said the hope is that Trump "is never installed in the most powerful political and military position in the world." THE ASSOCIATED PRESS

Fight to protect homes rages on

CALIFORNIA

Authorities estimate few heeded orders to evacuate

Air tankers bombarded rugged slopes with fire retardant Thursday and a squadron of helicopters dropped load after load of water to corral a destructive wildfire threatening mountain homes 95 kilometres east of Los Angeles.

On the ground, firefighters and bulldozers worked to protect the ski town of Wrightwood and other areas high in the San Gabriel Mountains.

Authorities estimated that only half the 4,500 residents of Wrightwood heeded evacuation orders.

The fire has blackened more than 125 square kilometres and was just 4 per cent contained, with more than 34,000 homes and some 82,000 residents still under evacuation warnings three



A wildfire east of Los Angeles spread fast Wednesday, threatening more than 82,000 people and prompting the governor of

days after it erupted in hot, gusty conditions and spread with extraordinary speed.

After five years of drought, California's wildlands have seen a continuous streak of destructive and sometimes deadly fires this year.

The dry vegetation is like firewood, said fire information officer Sean Collins.

"It burns that much quicker, that much hotter. The rate of

travel is extremely fast," he said.

Fire officials indicated there were significant property losses but had yet to release a tally.

Steve Boyd, 67, fled Wednesday with his wife from the mountain community of Lytle Creek. The former volunteer firefighter recalled staying behind during a destructive 2003 wildfire but didn't regret leaving this time.

"It's just stuff," he said of his possessions. THE ASSOCIATED PRESS

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CONFLICT

South Sudan recruits child soldiers: UN

South Sudan's government has recruited child soldiers in the past week to prepare for a renewed conflict, according to an internal United Nations document obtained by The Associated Press.

The document says a senior politician appointed by President Salva Kiir led the recruitment of an entire village of boys using intimidation. Some were as young as 12 years old. It was not clear how many children were involved.

Armed groups in South Sudan often coerce children to join their ranks by threatening to confiscate their family's cattle, a key source of wealth and status in this pastoral society.

The UN document indicates that the recruitment of children took place shortly after the UN Security Council a week ago approved sending an additional 4,000 peacekeepers to the East African country to protect civilians after renewed

fighting in the capital, Juba, last month.

Separately, UNICEF on Friday announced that at least 650 children have joined armed groups in South Sudan this year alone. Around 16,000 child soldiers have been recruited since civil war began in December 2013.

Army spokesperson Lul Ruai Koang said youth who join the military are not forced. He said he was not aware of the recent recruitment of children.

South Sudan's military and opposition forces have made repeated promises to address allegations of child recruitment, but both sides have continued recruiting since July's outbreak of violence, according to Justin Forsyth, UNICEF's deputy executive director. "They believe they can easily control and manipulate young minds," Forsyth said. The children then "can commit atrocities, and they will do what they are told."

THE ASSOCIATED PRESS



Hillary Clinton meets with law enforcement leaders in New York on Thursday. THE ASSOCIATED PRESS

Clinton calls on nation to repair trust

U.S. CAMPAIGN

Presidential hopeful takes veiled potshot at rival Trump

Hillary Clinton said Thursday the nation needs to work together to repair rifts between police officers and the communities they serve and guard against more discord — a veiled reference to rival Donald Trump.

The Democratic presidential nominee was meeting with law enforcement leaders in New York City, joining with chiefs of police in the days after Trump, her Republican opponent, accused her of being "against the police" following a police shooting in Milwaukee.

Clinton made no mention of her opponent at the start of her meeting with eight law enforcement leaders but her comments appeared aimed at pushing back against Trump's claims that he was the best candidate to restore law and order following a rash of deadly police shootings.

"We have to be clear-eyed about the challenges we face. We can't ignore them and cer-

tainly we must not inflame them," Clinton said at New York's John Jay College of Criminal Justice. "We need to work together to bridge our divides, not stoke even more divisiveness."

Clinton has made criminal justice reform a central piece of her candidacy and has been frequently joined by a group of black women who lost a child to gun violence or amid allegations of police brutality. She has urged "white Americans" to put themselves in the shoes of "black Americans" to understand the harms of profiling and similar

ly said everyday Americans should understand the daily challenges faced by members of law enforcement and their families.

Trump spokesman Jason Miller

said after the meeting that Clinton "and her allies' anti-police rhetoric show she cares more about protecting criminals over keeping America safe."

Clinton said at the start of the meeting that the deadly shootings in Dallas, Baton Rouge, Louisiana, and Milwaukee show the need for the nation "to repair the bonds of trust and respect between our police officers and our communities."

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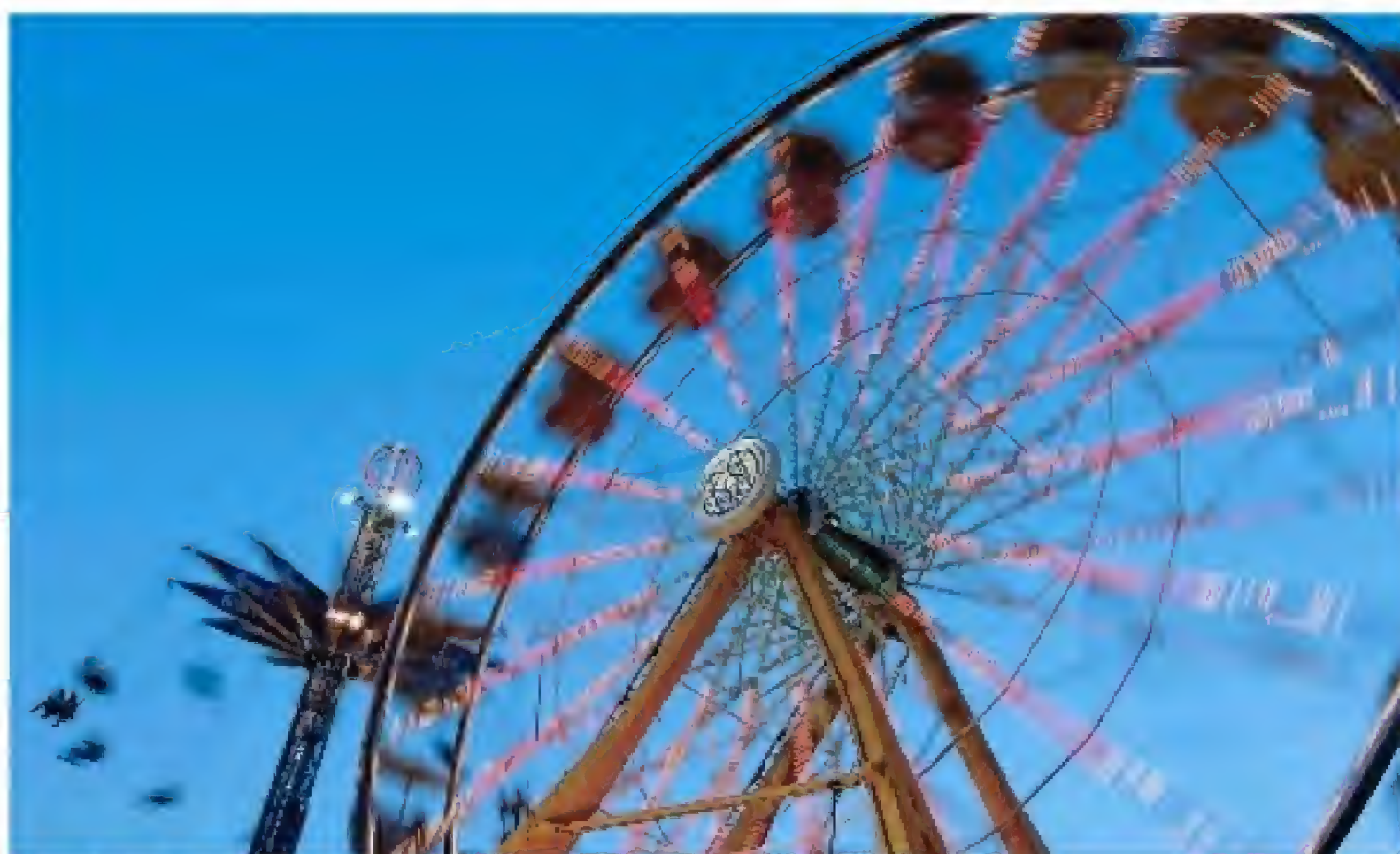
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The Canadian National Exhibition is hoping to resurrect a bit of history this year by running the Innovation Garage, which will showcase some of the latest inventions. TORSTAR NEWS SERVICE

Exhibition going back to its roots

TORONTO

Annual fair to once again showcase innovations

For decades, the end-of-summer ritual of visiting the Canadian National Exhibition was also the only chance for fairgoers to catch a glimpse of the newest gadget or product due to hit the market.

In 1888, Canadians got their first look at the telephone as well as Edison's phonograph. In 1929, G.H. Wood showed off liquid soap. In 1939, RCA Victor unveiled the television. In 1958, a forerunner to the microwave

was on display.

"I remember my father looking at cars covertly because my mother didn't want one," said CNE president Brian Ashton. "I think our family's first colour television set came from the CNE. It was a place where products were showcased."

But in recent years, Ashton said the idea of going to the CNE to see the latest and greatest has waned. That's why the Ex is hoping to resurrect a bit of that history this year by running the Innovation Garage. The garage, which runs from Friday to Sunday, will feature some products for sale, while others are only in the development age.

"With the 21st-century economy, products are always in their

infancy. They are evolving," said Ashton, adding this is a chance for companies to reach out to the broader public.

Richard Lichman, a professor in the Faculty of Communication and Design at Ryerson University, a partner in the Innovation Garage, says the exhibits are a chance for public to connect with innovators.

"Innovation is about making it and getting out in front of people," he said, instead of working on something for five years and spending all your money to discover it doesn't work or won't sell.

"You don't design for other people. You design with them," said Lachman.

TORSTAR NEWS SERVICE

Some innovations at this year's Canadian National Exhibition.

Candy Cutlery: Lyn Chen, 18, and four other teens want to bring edible utensils to market. Candy spoons are aimed at the premium dessert market.

Selftraits: Participants will get a free emailed image of a 360 degree scan. They can also purchase a 3D figurine from the pose that will be shipped to them.

ZooShare: The non-profit will be showing off plans to build a biogas plant across from the Toronto Zoo, paying the zoo for poo from animals as well as a grocery chain for food waste.

Little Storybook: Children can write and draw their own storybook, and make them come alive, using augmented reality.

TORSTAR NEWS SERVICE

MONEY LAUNDERING

Fintech weaknesses probed

The director of Canada's anti-money laundering watchdog says the agency is studying how vulnerable certain emerging technologies, such as those being pioneered by so-called fintech startups, are to financial crime.

Gerald Cossette says it's important for the federal government to encourage innovation by emerging financial technology companies. But, he adds, Ottawa must balance that with the need to protect the integrity and stability of the financial system.

Cossette says many fintech startups — for example those that deal with currency exchange or sending cash — may not realize that they are required to register with Fintrac, the anti money-laundering agency, as money services businesses.

The definition of a money services business was expanded in 2014 to include companies that deal with virtual currencies, and the Finance Department is working on regulations to specify which virtual currency

activities will be covered.

While some innovations are actually new takes on existing technologies and business models, others have been "more revolutionary in nature," says Cossette.

"We are assessing the vulnerabilities of these new technologies to criminal exploitation, such as how they can be used in trade-based money laundering, for which mechanism and detection techniques are not as well understood as they should be," he says. THE CANADIAN PRESS



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metro SCIENCE

Your essential daily news

Too many video games? A new study suggests millennials 20-34 have a weaker hand grip than older generations.

DECODED by Genna Buck and Andrés Plana

UNDER THE SURFACE OF POOL SAFETY

Nothing is better than a summer swim — but if there's no lake or ocean near you, there's a good chance you'll be splishing and splashing in chlorine. The somewhat stinky chemical is necessary to kill harmful bacteria. There's also a good reason for the rule about taking a shower before swimming, even though it's tempting to skip that step and dive right in. **Here's why.**

When pure chlorine (a reactive, greenish-yellow gas) is added to water, a reaction happens:

$$\text{Cl}_2 + \text{H}_2\text{O} \rightarrow \text{HOCl} + \text{HCl}$$

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HOCl (hypochlorous acid)

Hypochlorous acid is bacteria's worst enemy. It's also the active component of household bleach.

HOCl kills bacteria by attacking their proteins, in a chemical process called **oxidation**.

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FUN FACT
White blood cells called **neutrophils** also zap unfriendly bacteria with HOCl.

STINKY POOL FACTS

GROSS: When nitrogen-containing compounds in sweat, urine and dirt react with HOCl, they form pungent, irritating chemicals called **chloramines**.

So if you're swimming somewhere that reeks of chlorine, it's not an excess of pool chemicals you smell — it's you.

HOCl + sun

Sunlight breaks up **HOCl** into much more benign chemicals in a process called **photolysis**. That's why you have to keep adding chlorine to the pool.

FINDINGS

Your week in science



MOUSE MICROBES

Scientists think they've nabbed the smallest culprit in the reproducibility crisis. Differences in bacteria living in the guts of lab mice seem to account for some differences in results of identical studies.

FIFTH FORCE?

A team of Polish scientists minding their own business, chucking protons at sheets of lithium to look for signs of dark energy, say they've found something far more interesting: A new, super-light subatomic particle. Its existence, if confirmed, would imply an additional type of force in the universe aside from the fundamental four we know.

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DEFINITION
Stoichiometry is the precise calculation of reactants and products in a chemical reaction. Using **stoichiometry**, scientists balance chemical equations so they're equal on both sides. That's because matter cannot be created or destroyed.

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Deborah's **stoichiometry** was off. She put too much baking soda in her volcano and her "lava" ended up all over the floor.

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CITIZEN SCIENTIST by Genna Buck

Beware of beauty science

How can I tell if beauty product claims are legit? — E., Ottawa

Here's what I do: I look at the label, then pop the name of the active ingredient into Google Scholar with the words "systematic review," to see if it's among the few (like retinoids, a wrinkle remedy), supported by research. But usually I don't find much. That's because B.S. (beauty science) is rife with exactly what its acronym implies.

Beauty bafflegabbers — bloggers, estheticians, women's

magazines, salespeople, even my more cosmetic-savvy friends — can be very convincing with their "facts." They say "You need this, it's good for you," so confidently, and they always look impeccable, and beauty noobs like me can easily be taken in.

But lately I've been pushing back and asking these B.S.ers "What's the evidence for that?"

Their evidence typically consists of appeals to authority and/or celebrity (dermatologists/Chinese healers/Angelina Jolie use this), and vague assurances the

product is "clinically proven."

Well, a 2013 study showed more than 80 per cent of claims in beauty ads are either false or so vague they're meaningless. Don't even get me started on clinical studies of cosmetics: They rarely include more than a handful of participants, are done in-house by the companies themselves, and willfully use biased methodology.

There's only one way to navigate this minefield of B.S. Brush up on your science vocab. I recently re-watched Crash Course Chemistry and Crash Course Biol-

ogy on YouTube (I forget everything I learned in university). And suddenly I've been noticing flagrant misuse of technical terms everywhere. Example: A wrinkle-care mask that exclaims "formulated with peptide!" on the label.

Peptides are chains of amino acids — a.k.a. the fundamental building blocks of proteins, and therefore all living things. You'd be better off laying a slice of roast turkey on your face.

Science Question?
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Ben-Hur's chariots of ire

ANALYSIS

Filming that famous scene throughout movie history

Richard Crouse
For Metro Canada



Ben-Hur director Timur Bekmambetov compares the legend of a Jewish prince falsely accused of treason by his adopted Roman brother to Romeo and Juliet, Hamlet "and any story written by Chekhov."

Ripe with betrayal, revenge and redemption but shaded with love and compassion, Bekmambetov says the story of Ben-Hur is "timeless."

"The conflicts the characters experience are as relatable today as they were in Roman times or 1880, when Lew Wallace wrote the novel. It's human nature and that doesn't change," says producer Sean Daniel.

The human story is the engine that propels the Ben-Hur narrative, but throughout film history it's the tale's chariot race that entertains the eye. In version after version the showdown between the hero and his duplicitous brother is the centerpiece of the action.

This weekend Bekmambetov's big-budget version of the story stars Jack Huston as Judah Ben-Hur and yes, there is a chariot race. "It was very, very dangerous work," the director says of the scene that took 45 days to shoot

and featured 90 trained horses. Each chariot was attached to four horses and could reach speeds of 65 to 70 km/h. "There's no suspension," says Bekmambetov. "It's shaky, it's vibrating. The horses are snorting around you, behind you. It's absolutely unprotected. You feel like you're in the hands of fate."

No animals were harmed during the shooting of Bekmambetov's chariot race and, remarkably, the only human injury was a broken arm. Historically, however, shooting the chariot scenes has been fraught with problems.

Toronto-born director Sidney Olcott's 1907 silent version focused on the race. Shot on a beach in New Jersey with local firemen as the charioteers and firehouse horses pulling the chariots, the scene was lifted directly from the novel, which triggered the first major copyright infringement case in movie history. It wasn't standard practice to ask the author's permission before adapting their work, but after Ben-Hur the Supreme Court decreed film companies must obtain rights to previously published work.

According to an MGM memo 1925's Ben-Hur A Tale of the Christ's chariot sequence took 42 cameras and two months

to shoot at a cost of \$500,000. The result was 60,960 metres of film which was whittled down to 228.6 metres. The completed sequence was named the Most Edited Scene of all Time by The Guinness Book of World Records and was copied, almost shot-for-shot in the animated film The Prince of Egypt and in the pod race scene from Star Wars: Episode I – The Phantom Menace.

The spectacular scene featured thousands of extras, including William Wyler, who would go on to direct the most famous version of the story, the 1959 movie starring Charlton Heston.

Legend has it that a stuntman was killed during the shooting of the Wyler's legendary sequence but according to Snopes.com the rumour is false. In fact it was 1925 shoot that claimed the life of a stuntman who was killed when his chariot wheel broke and he was thrown in the air.

On Wyler's set a stuntman was injured when his chariot overturned and two other horse drawn carts crashed into a bank of cameras but no one was hurt. Later, when Heston, who did most of his own driving in the scene, was asked if he liked shooting the scene he said, "I didn't enjoy any of it. It was hard work."



In the latest incarnation of Ben-Hur, the chariot race scene took 45 days to shoot and featured 90 trained horses. Jack Huston plays Judah Ben-Hur. CONTRIBUTED



MOVIE RATINGS by Richard Crouse

War Dogs ★★★
Hell or High Water ★★★★★
Kubo and the Two Strings ★★★★★
Ben-Hur ★

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Jonah Hill as arms dealer Efraim Diveroli in *War Dogs*. "I try to approach it from a therapeutic point of view," he says of playing real-life people. "Get into the psychology of why people behave the way they do." CONTRIBUTED

How to channel an arms dealer

INTERVIEW

Jonah Hill had homework to do to play Efraim Diveroli

Richard Crouse
For Metro Canada



By definition the term 'war dogs' refers to "bottom feeders who make money off war

without ever stepping foot on the battlefield."

In the new film *War Dogs* Jonah Hill plays Efraim Diveroli, a true to life 20-something arms dealer who fits that description to a tee.

"You try to understand why someone would end up like that," Hill says when I ask how he got inside the head of the fast-talking character. "It might be a combination of wiring, lack of empathy, ego and insecurity and obsessiveness. I don't know. I try to approach it from a therapeutic point of view. Get into the psychology of why people behave the way they do. Probably most actors do that."

He wasn't able to meet the real-life Diveroli but he was able to piece together the character without a face-to-face.

"I would always prefer to meet the person but if someone was playing me in a movie I would give them the best version of myself. A lot of times when you meet the person you end up having to be a really good editor, choosing what to include, but always I found meeting the people around them ends up being more helpful to me because they are giving you a warts-and-all portrayal of the person at that time."

Hill found that version of Diveroli from many sources.

"I had a lot of help," he says. "I got to meet David, who Miles (Teller) plays, and a few people who knew Efraim at that time. The biggest key was that they are from Miami and Miami culture is very specific. There is a very big sense of the American

A lot of times Wall Street bros will come up to me as if the movie is their *Goodfellas* or *Scarface*

Jonah Hill, on how some misinterpreted his morally ambiguous character on *Wolf of Wall Street*

dream there, in a positive and negative way. There's a big immigrant culture. People from Cuba and Haiti end up in America for the first time through Miami. Efraim is a corruption of that (American) dream."

In the film Efraim is a self-described "Ugly American," a borderline sociopath for whom belligerence is a default setting.

The unhinged nature of the character and Hill's venal glee in playing up the worst in human nature keeps *War Dogs* interesting but some audience members see it differently.

Recently a crew of South African arms dealers approached Hill in a restaurant after seeing a trailer for *War Dogs*.

They were impressed and wanted to high five the actor. He says the same thing happened after he made *Wolf of Wall Street*, another film

where he played a morally ambiguous character who struck a chord with the very people it was satirizing.

"A lot of times Wall Street bros will come up to me as if the movie is their *Goodfellas* or *Scarface*. People see what they want to see. It is a little scary sometimes when people misinterpret."

He describes the run in with the arms dealers as "uncomfortable."

"You don't want to make it an overly uncomfortable environment while that is happening," he says, "but you also don't want to lie and be dishonest that you are agreeing with them. You don't want to make them feel bad about their misinterpretation. It's an unusual awkward situation to be sure. In the end, we all want to be seen as heroes in our own story, I guess."



FILM BRIEF

West to return as Batman in new animated film

Adam West and Burt Ward are reprising their respective roles as Batman and Robin, but they won't have to don

tights this time around. The actors are voicing the characters in the animated film *Batman: Return of the Caped Crusaders* out this fall. Julie Newmar will also return as

Catwoman.

The movie's colorful style will recall the campy esthetic of the 1960s live-action Batman TV series starring West and Ward. THE ASSOCIATED PRESS

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Travis Knight's Japanese-inspired tale follows a young boy on a quest to defeat evil spirits with a magic suit of armor. CONTRIBUTED

An impressionistic painting of Japan

INTERVIEW

Kubo and the Two Strings is stop-motion magic in film

Steve Gow
For Metro Canada



Whether it's the pressure of following in his father's famous footsteps or just sheer love of the art, Travis Knight is changing the world of animated movies with an outsider's point of view.

After all, the founder of Laika studios isn't just situated far from Hollywood in the suburban sprawl of Portland, Oregon, but with his new film *Kubo and the Two Strings*, the son of Nike boss Phil Knight is redefining the summer blockbuster by tapping an ancient art form most movie studios eschew — stop-motion animation.

"The thing that's unique in stop-motion is that it's handcrafted, that what you're seeing on-screen is the sum total of the will (and) skill of hundreds of artists," said Knight, who's clearly confident his handcrafted creation

will flourish against Hollywood's biggest computer-effects features.

"In a world that's glossy and perfect and digital, something that has this beautiful imperfection on-screen — there's something that's special about it."

With *Kubo* mounting critical acclaim, Knight's Japanese-inspired story of a young boy on a quest to defeat evil spirits with a magical suit of armor not only entertains, but it's also deeper (and perhaps spookier) than most kid-friendly blockbusters.

"The goal is not to trauma-



In a world that's glossy and perfect and digital, something that has this beautiful imperfection on-screen — there's something that's special about it

Director Travis Knight on stop-motion

tize children although we've been accused of soaking a few bunk-bed mattresses in our day," laughed Knight.

"Hopefully what we explore are some meaningful issues — things like loss and grief, and hopefully we take a little bit of the sting out of it because while the world we're creating has a nodding

acquaintance to reality, it's not reality — it's a stylized world."

Kubo marks the first feature the veteran animator has directed in Laika's oeuvre (which includes *ParaNorman* and *Coraline*).

While Knight insists he was always waiting to mature into the role of helms-

man, *Kubo's* story also spoke specifically to him — having been influenced early on by a childhood trip to Japan.

"From the moment I set foot in Japan it was like I'd been transported to another world," admitted Knight who returned with a lifelong appreciation for Japanese art that he aimed to showcase in *Kubo*.

"It's almost an impressionist painting of Japan but like an impressionistic painting, which is not meant to capture reality, it's meant to capture feeling and experience — I hope that's what we captured in this film."



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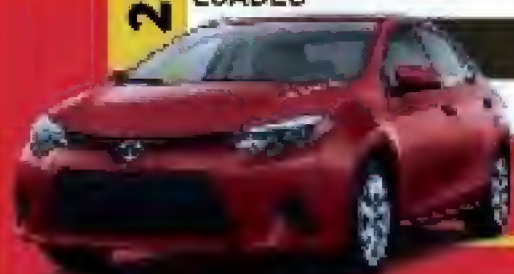
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Parker haunted by rape allegations

THE BIRTH OF A NATION

New details could derail actor's march to the Oscars

"Festival fever" is the name the film industry gives to the inflated reception a movie can experience at a festival, where exuberant audiences and the competition of negotiations can ratchet up a film's hype and price tag. But what can appear a sure-fire hit in the mountains of Sundance can turn into an expensive headache on the way to theatres.

As Nate Parker's *The Birth of a Nation* continues to be enveloped in a rape case from 1999, Fox Searchlight — the art-house studio that plunked down a Sundance Film Festival record of \$17.5 million for the distri-

bution rights to the Nat Turner slave rebellion drama — might be questioning its sizable investment.

The fortunes of *The Birth of a Nation*, to be released Oct. 7, are very much in flux as the details of a 17-year-old rape accusation are derailing the film's expected march into Oscar season. *The Birth of a Nation*, co-written, directed and starring Parker, has been celebrated as an urgent and important film for both an America roiled by protest over racial equality,

“

It's going to be hard enough for Nate Parker to walk into a room in Hollywood now, let alone win awards.

Veteran Oscar pundit
Sasha Stone

Penn State University. Parker was acquitted, though his college roommate, Jean Celestin (who helped create *The Birth of a Nation*) was initially found

and for Hollywood, which is still dealing with a diversity crisis.

But the new-found attention on Parker has dredged up a rape allegation made against him when he was a student and wrestler at



Nate Parker is the co-writer, director and lead star of *The Birth of a Nation*. AP FILE

guilty of sexual assault. That conviction was later overturned when the accuser declined to testify for a retrial.

The case garnered a lot of attention at Penn State. Parker and Celestin allegedly harassed the accuser on campus. The incident spawned a civil lawsuit by the woman against

the college with a settlement of \$17,500. But, as was first reported Tuesday, the accuser, after several previous attempts, committed suicide in 2012. Her brother, identified only as Johnny, told *The Hollywood Reporter*, "If I were to look back on her very short life and point to one moment where I think

she changed as a person, it was obviously that point."

Fox Searchlight on Wednesday declined to comment on the revelations. On Friday, the company said it stood behind Parker and the film.

Now married with five daughters, Parker posted on his Facebook page late Tuesday

that he was "filled with profound sorrow" after learning the fate of the woman Tuesday and regretted that he didn't show "enough empathy."

"While I maintain my innocence that the encounter was unambiguously consensual, there are things more important than the law," he wrote. "There is morality."

Where this leaves one of the fall's marquee films is an open question. Sasha Stone, a veteran Oscar pundit and editor of *AwardsDaily.com*, says the situation is unlike any she's seen before. Though she has mixed feelings about the quick-to-judge mob mentality of social media, she believes the awards prospects of *The Birth of a Nation* have likely been irreparably damaged.

"I don't know how you separate those details and those actions from the guy people are supposed to be celebrating," says Stone. "It's going to be hard enough for Nate Parker to walk into a room in Hollywood now, let alone win awards."

The Toronto International Film Festival is screening the film next month.

THE ASSOCIATED PRESS

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GOSSIP BRIEFS

Amy Schumer hints she's done with show

Amy Schumer has hinted that she's done with her Comedy Central series *Inside Amy Schumer*. "We aren't making the show anymore," Schumer tweeted Wednesday night.

After that, Schumer re-tweeted a fan's sorrowful comment that the show might be ending.

Until now, there had been no indication the sketch-comedy series might be nearing its conclusion. After four seasons, it remains a popular and critical hit, having won a Peabody Award and two Emmys, with four Emmy nods this year.

Representatives for Schumer and Comedy Central, which has ordered a fifth season, had no immediate comment.

THE ASSOCIATED PRESS

Cold sidelines Adele concert in Arizona

A bad cold prompted British singer Adele to postpone her sold-out concert Wednesday night in Phoenix. The multiple Grammy Award-winner says she pushed herself too hard Tuesday night at Talking Stick Resort Arena in downtown Phoenix. Adele says in a somewhat raspy voice on her website that fans hearing it know Wednesday's show "wouldn't be very good."

She adds: "I'm really, really sorry."

THE ASSOCIATED PRESS

Winter's coming and Swedish actor Joel Kinnaman is ready

INTERVIEW

Star talks about working in -30C weather and icy water plunges

Coming from Sweden, Joel Kinnaman has done some rolling in snow and leaping into ice-cold water "for pleasure."

So plunging into a hole in the ice in a Sudbury, Ont.-area lake while filming drama *Edge of Winter*, opening Friday, should have been easy. But there was something missing: the steaming sauna that comes first.

"You get this real endorphin rush out of it but it's different when you don't have a sauna," Kinnaman said with a chuckle of the scene where his character rescues his son (played by Spider-Man Tom Holland) after he falls through ice.

"Condition-wise, it was the toughest shoot I've done," Kinnaman said of the primarily night shoots in wooded areas with temperatures below -30 C.

Born in Stockholm to a Swedish mother and American father, 36-year-old Kinnaman lives in Los Angeles but says 90 per cent of everything he's done onscreen since leaving Sweden has been in Canada.

He may as well be an honorary citizen. Like a typical Canadian, Kinnaman spends time talking up the Great White North to those unfamiliar with the country, explaining, "if Sweden and America had a baby, it would be Canada."

Kinnaman first drew notice in 2010 when the Swedish crime thriller *Snabba Cash* (*Easy Money*) hit theatres in his homeland. A huge box office

and critical hit at home, the movie screened at the Toronto International Film Festival before a brief theatrical run in 2012.

Kinnaman's made-in-Canada credits include the Toronto-shot box office titan *Suicide Squad*, where he plays elite soldier Rick Flag. He also shot the 2014 remake of *RoboCop* here and co-starred in four seasons of AMC crime drama *The Killing* in Vancouver. He's back to the West Coast soon to begin work on new Netflix sci-fi series, *Altered Carbon*.

Kinnaman spoke to the Star from L.A. where he shared insight into some of his characters.

Edge of Winter

Kinnaman plays Elliot, a separated dad not known for making good choices. He takes his young sons (Holland and Percy Hynes-White) on a trip to the woods where he hears the unwelcome news that he is losing custody. Mounting desperation quickly makes him irrational.

"What really drew me to the script and the story was it wasn't black-and-white," he said. "It's really hard to try to create sympathy for a character who becomes a danger to his children's life."

Kinnaman, whose mother is a therapist, spent a lot of time researching and working out the roots of Elliot's psychological makeup, "and what was broken in him."

He figured Elliot had a borderline personality disorder. "The whole feeling of being left, being deserted is something that is so powerful, it knocks him out. He can no longer think like a normal human being."

Suicide Squad

"I had a lot of fun playing this



Joel Kinnaman stars in *Edge of Winter*, a Canadian-shot drama. CONTRIBUTED

guy," said Kinnaman of Rick Flag, the reluctant commander of the *Suicide Squad* gang of misfits and criminals. Director David Ayer, who was once in the U.S. navy, "was very generous with his own experience," Kinnaman said. He also had the actor train for months with military advisers to get ready for the role. "It was a very fascinating learning experience to get to spend so much time with these guys and to me that became almost a bigger reward than the film itself," Kinnaman said.

The Killing

As swaggering ex-junkie Det.

Stephen Holder on the AMC series, his character's wonky aphorisms were beloved by fans, who dubbed them "Holderisms."

"He has his own logic," laughed Kinnaman, who said he was grateful to have so much time to work on the evolution of Holder's character and his relationship with co-worker Sarah Linden (Mireille Enos).

"You get the opportunity to do that on a TV show and also when you and the writers kind of hit this creative stride together where it becomes clear what the logic of this character is and it can be illogical."

Case in point: "(Holder) could

be a sushi chef but at the same time, he doesn't know how to cook pasta."

Altered Carbon

Kinnaman, who will return for Season 5 of *House of Cards* as New York Gov. Will Conway, is off to Vancouver for eight months to shoot the ambitious new Netflix sci-fi series based on Richard Morgan's 2002 futuristic novel. He'll play series lead Takeshi Kovacs.

"I don't know if I've ever been this excited about a job before," Kinnaman said. "It's crazy, it's gonna be so dope."

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VIDEO GAME

Mr. Robot launches mobile game

Mr. Robot is now a video game.

A fake messaging app inspired by the USA Network hacker drama was released Wednesday for mobile devices.

Mr. Robot: 1.51exfiltration casts players as a stranger who finds a mysterious smartphone and begins communicating with the show's characters through an app published by the fictional E-Corp.

The game was developed by Oxenfree creators Night School

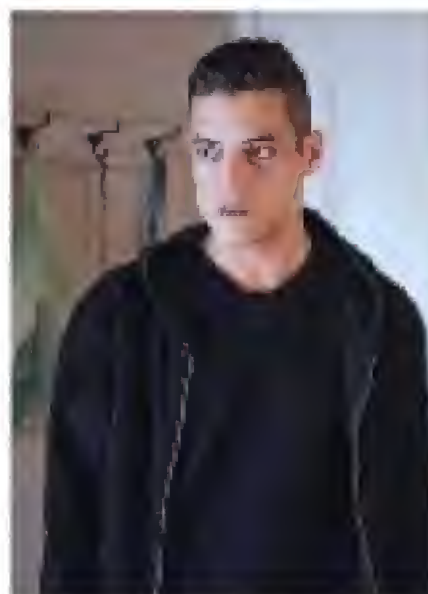
Studio and published by Telltale Games. The app's developers worked on 1.51exfiltration with Mr. Robot creator Sam Esmail and show writer Kor Adana.

"Working hand in hand with Sam, series writer Kor Adana and Universal Cable Productions, we've created an opportunity for players to meaningfully interact with characters like Elliot, Darlene and Cisco, truly feeling like they're joining the hack at a critical moment in

the TV series," said Night School Studio co-founder Sean Krankel. "As fans, it's nothing short of a dream come true for us."

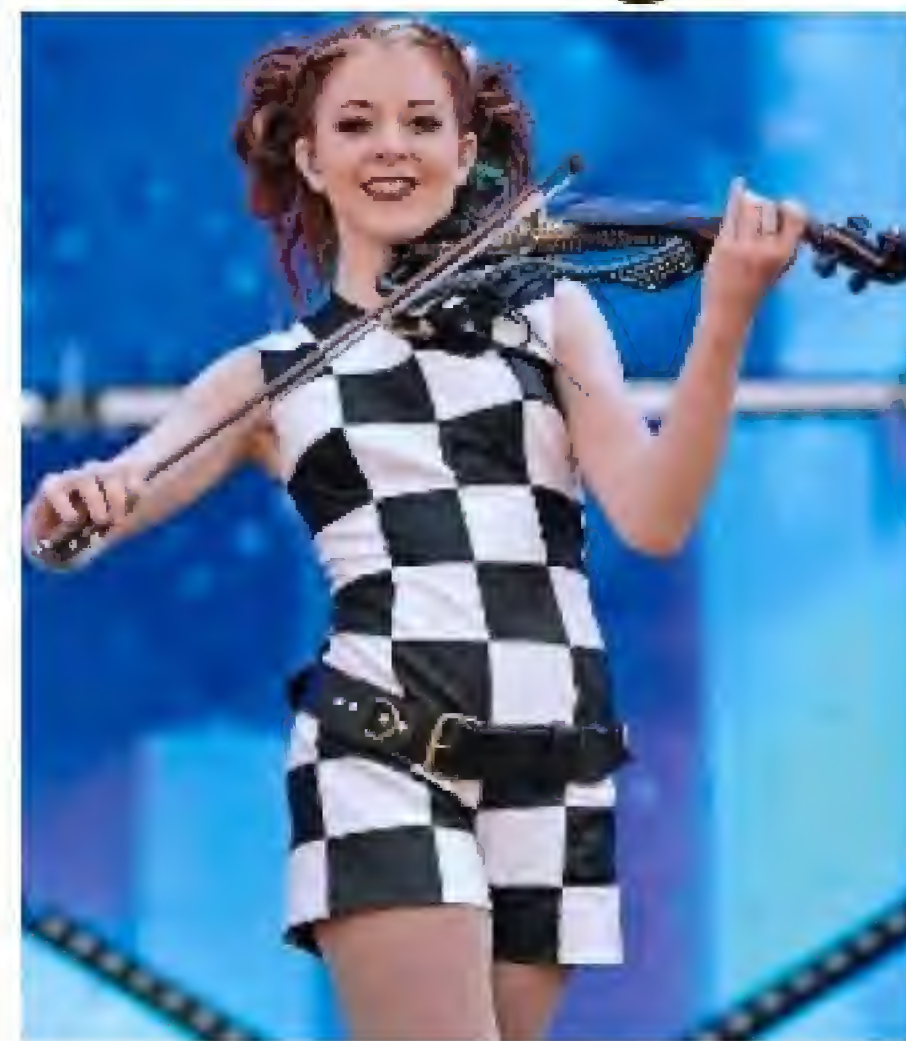
The developers say the game takes place over the course of a week.

The popular moody hacker series stars Rami Malek as anti-social computer programmer Elliot Alderson and Christian Slater as the cryptic Mr. Robot. The show is currently in its second season. THE ASSOCIATED PRESS



Elliot Alderson in a scene from Mr. Robot. AP FILE

Musician braves life's next stage



Electronic violinist Lindsey Stirling releases her new album, *Brave Enough*, on Friday. ROB GRABOWSKI/INVISION/AP FILE

MUSIC

Stirling's new album an ode to sombre year

Electronic violinist Lindsey Stirling's emotional roller coaster of a year included the death of her best friend and keyboardist and learning that her father had cancer.

Stirling tried keeping busy with work instead of dealing with her feelings head-on. And as she began composing new songs, things weren't coming

tions by just working and distracting myself."

Stirling, 29, reached that goal and came through stronger with *Brave Enough*, a new album she says is her most cohesive release yet. She closes the 14-track set with the emotional instrumental track Gavi's Song, an ode to her friend and fellow musician Jason Gaviati, who died last year after battling Burkitt lymphoma.

Brave Enough, out Friday, features collaborations with Zedd, Weezer's Rivers Cuomo, Lecrae, Christina Perri and Andrew McMahon. It's the fol-

low-up to 2014's *Shatter Me*, the gold-certified album in which Stirling wrote about overcoming anorexia. It won top dance/electronic album at the

Billboard Music Awards, besting releases from Calvin Harris, Avicii and Disclosure.

"I'm not being self-deprecating here, but it's weird to see your name with people (like them)," she said.

Stirling agrees she's an electronic artist, but says it's hard to really pinpoint her sound and style: "I still kind of call myself that 'cause I just don't know what else to call myself."

THE ASSOCIATED PRESS

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Taraji P. Henson's growing Empire

INTERVIEW

TV actress is juggling NASA biopic, show, and new book

Taraji P. Henson almost backed out of writing her autobiography because she was reluctant to expose herself to scrutiny. She could have bypassed a starring role in a film about NASA's unsung female mathematicians because of her taxing work as the formidable Cookie on Fox's *Empire*.

But the actress gathered her will and did both. The result is *Around the Way Girl*, to be published Oct. 11, and the January theatrical release of *Hidden Figures*, in which she plays Katherine Johnson, one of the real-life African-American women who were a critical part of the space program.

Henson discusses both projects as she awaits the Sept. 21 return of *Empire* and what's ahead for Cookie and her family after last season's cliffhanger ending. The questions and answers were edited for clarity and brevity.

Let's talk about your autobiography.

I am exposing myself and it is just very, very scary and there were a couple times where I almost backed out, where I'm just going to write them their cheque and say, 'I just don't want to do it.' And it was my beautiful makeup artist, Ashunta Sheriff, who recalibrated me and focused on me on why I decided to write the book. People find my life inspiring. And, as an artist, that's what you should do: inspire people. ...

A little around-the-way girl from the 'hood was able to dream because of all the people who came before me, and weren't afraid to dream and weren't afraid to go out and do it: the Lucille Balls, the Bette Davises, the Phylicia Rashads, the Debbie Allens, the Diahann Carrolls. The list goes on and on. If I didn't have them to look at, who knows that I could even dream, or make them come true?

Like those women in NASA in *Hidden Figures*?

Well, I'm no mathematician, but I play one. It's a movie



Taraji P. Henson, of the FOX series *Empire*, stars as a real-life NASA mathematician in *Around the Way Girl*. RICH FURY/INVISION/AP

based on these incredible women who helped our men get to space. Who knew that? Who knew that women had anything to do with men getting to the moon? Who knew? You see all the footage, all the documentaries, and you just see a room full of smoking

men. So then I find out about these women and I redo my research and I'm like, 'OK, where's the woman?' I know I'm going to see her. Because now I know they exist.' That bothered me and I made it my mission to do this film. ... And it was the hardest thing I ever

had to do, because I'm used to supporting movies. I've never carried a show and then went on to carrying a film. That was hard but worth it for Katherine Johnson's story.

So is this a case of a body in motion staying in motion?

You have to strike while the iron is hot. People are interested. And this is the moment every artist prays about. Look, I grew up in an era where women were done at 40. Meryl Streep thought she was done at 40. And just watching her trajectory gave me hope. Edie Falco from *The Sopranos*, she didn't hit until she was 36. That's hope. Men can do it. They can go bald, have a big stomach and never fix their teeth, and they'll work forever because they'll hire some next young, hot (actress). But you see what's happening is that we 40-year-olds are giving those 20-year-olds a run for their money. So you can get a mature woman who is still hot and play opposite these big leading-men roles. ... And not only that, I'm interested in work that's going to be talked about long after I'm gone, and challenging and pushing myself. And so when that role comes, I can't turn it down. Why walk away from an incredible role like Katherine Johnson? Why? Because I'm tired? I don't have time to be tired. ... We are just getting started. THE ASSOCIATED PRESS



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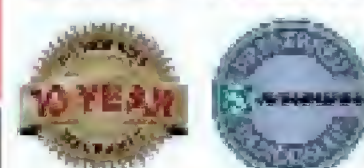
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YouTube sensation hitting high notes

MUSIC

Canuck-born star discusses Hillary Clinton 'Fight Song'

Canadian YouTube star Mike Tompkins still marvels at the list of celebrities that came through for a music video he co-created in support of Hillary Clinton.

Stars from Jane Fonda to Rob Reiner and Sia turned out to record an a cappella rendition of Rachel Platten's Fight Song to be screened at last month's Democratic National Convention.

The Edmonton-born Tompkins also appears in the video, which now has nearly two million views on YouTube.

"It was pretty cool working with Jane Fonda. She's such a living legend," he said in an interview for the recent YouTube Fan-Fest in Toronto.

"Every moment was kind of like, 'What's happening right now?' I didn't even know who was going to be coming in, so it was pretty cool."

Tompkins said he was recruited for the project by actor-

filmmaker Elizabeth Banks, with whom he'd previously worked on a music video in support of the movie Pitch Perfect.

They worked with the celebrities over two days in Los Angeles and one day in New York. He only had 30 minutes with each celebrity in-studio. Some stars submitted recordings remotely.

The singer/producer said it took about a month to put it all together.

"Hillary wasn't there, but the campaign was there and they were very involved in the whole process," said Tompkins.

"I was pretty happy when they were pleased with it."

Tompkins, who now lives in Nashville with his wife and son, has about 1.8 million subscribers for his YouTube channel of a cappella covers and original songs.

He's been the opening act for the Jonas Brothers/Karmin tour and has worked with artists including Timbaland, Jennifer Hudson and T.A.T.U.

"It's cool to have been able to build a business doing what I love to do," he said. "I love to create and so I'm just thankful every day I get to create things and try new things."

One of the biggest names he's

When I was working with the actual Muppets, it was like, 'This is it. I'm happy now. I can die now.'
Mike Tompkins



Edmonton-born Mike Tompkins poses for a selfie with Gonzo, one of his Muppet heroes. He got to sing a capella with the Muppets, and says it was one of the highlights of his life. THE CANADIAN PRESS/AP-HQ, YOUTUBE SPACE LA VIA LA

worked with? The Muppets, with whom he made an a cappella video.

"When the Muppets happened, it was kind of like, 'Well,

I guess I'm done. What else can I do?'" he said with a laugh.

"I was such a fan as a kid and I was also just really obsessed with puppets and really wanted

to be a puppeteer when I was a kid. So when I was working with the actual Muppets, it was like, 'This is it. I'm happy now. I can die now, happy that I feel like

I've created something I don't know if I'll be able to top.'

"I'm trying to top it. Trying to top my Muppets video. That's the next goal." THE CANADIAN PRESS

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'Supergroup' TUNS share their dream bands, style

CANADIAN MUSIC

Veteran rock trio inspired by Willie Nelson, Mo Tucker

Ben Rayner
For Torstar News Service

TUNS is something of a "dream" band for anyone who's kept an ear tilted to the sublime rock-'n'-roll sounds emanating from Halifax since the early 1990s, when the always fertile scene in that lovely east coast port city briefly bubbled up to sufficient international attention at the height of the grunge era to be dubbed a potential "next Seattle."

Two of TUNS' three members — Chris Murphy of Sloan and Matt Murphy of the late, great Super Friendz — were there at Ground Zero watching (and making) all that hyperbolic nonsense happen back in the day, while Kingston-bred Mike O'Neill relocated there shortly before the beloved Inbreds released their third album, It's Sydney or the Bush, in 1996 and has stayed there ever since — more than long enough to by now rank as an actual Maritimer.

Together as TUNS, then, this trio of veteran Canadian indie-rockers is well deserving of the Hali-pop "supergroup" tag that's popped up in most press about the new venture since it started gigging last summer, although the lads themselves are justifiably wary of embracing such a loaded description.

Torstar News Service had the band in for the second instalment of this year's Newsroom Concert Series a couple of weeks back, albeit not in the newsroom but at the Mill Street Beer Hall — a space where, as Season 2

openers White Lung recently demonstrated, we can let our guests play as loud as they wanna play without ticking off dozens of reporters filing to deadline.

We covered all the TUNS basics during the interview portion of the session, so instead of rehashing what curious viewers can learn with the simple click of a mouse, we thought it might be fun in this space to ask Murphy, the unrelated "other" Murphy and O'Neill what their personal ideas of a "dream band" might be.

Matt Murphy

My dream band is Willie Nelson's Family band. First of all, it's Willie, so there are no duds in the set, just silver and gold. Plus, the band is exactly as loose and spirited as I like.

They can play sweet and gentle on Funny How Time Slips Away, and then instantly launch into explosive, pill-popping fury on Stay All Night.

Chris and I have spent a lot of time emulating this style for our country outfit, Little Orton Hoggett and His Ten Cent Wings. And there's something of this in TUNS too, I hope.

Mike O'Neill

My dream band would be the Velvet Underground recording Loaded, but with Mo Tucker on drums. Musically, I think I could have jammed with them. But partying with them would have made me blush.

Chris Murphy

I loved the first Elastica record. I knew someone who knew Justine Frischmann so I felt like I had this 'in' when their bass player quit. I can't quite remember when this was, 1996?

Anyway, I imagined myself within reach of being able to make that happen but I didn't pursue it in the end. Probably for the best.



From left: Inbreds frontman Mike O'Neill, Super Friendz/Flashing Lights mastermind Matt Murphy, and Sloan's Chris Murphy have collaborated to form a Canadian indie rock supergroup called TUNS. RANDY RISLING/TORSTAR NEWS SERVICE

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“My dream band is Willie Nelson's Family band. First of all, it's Willie, so there are no duds in the set, just silver and gold.” Matt Murphy

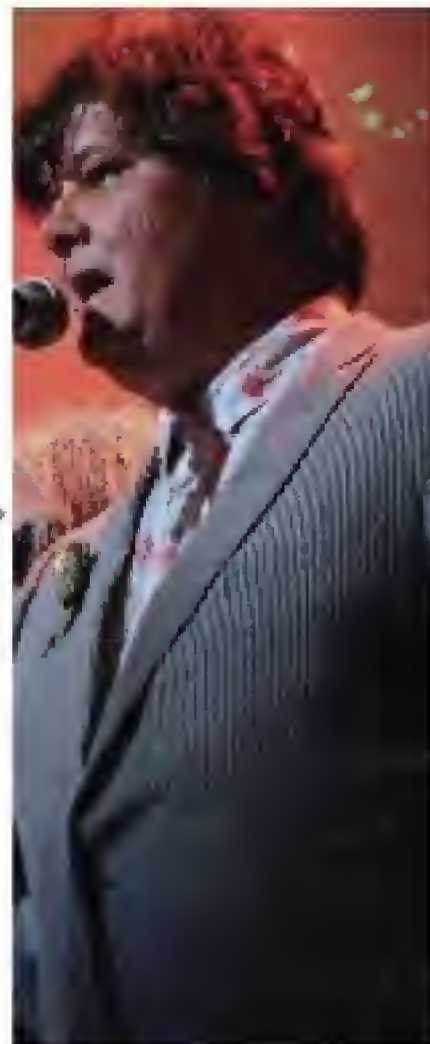
CANADIAN MUSICIANS TALK 'CANADA'S HOUSE BAND'

Thirty-three years ago, five Kingston friends formed a band —The Tragically Hip. Their musical journey earned them numerous accolades and awards. It also earned them the love and respect of their Canadian peers. Here, three fellow musicians talk about what the quintessentially Canadian rock group means to them ahead of The Hip's final show. **TORSTAR NEWS SERVICE**

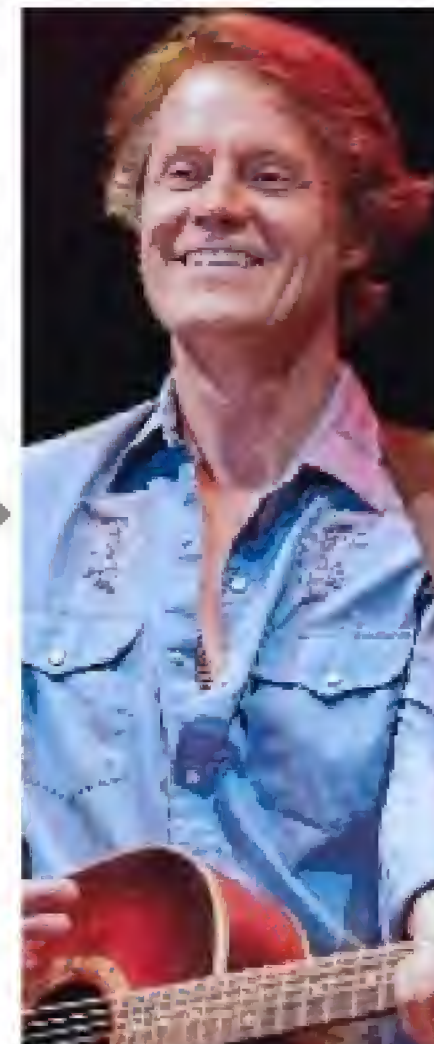
Kevin Hearn, Barenaked Ladies, founded 1988
"Canada's house band," "iconic" — both fitting and well deserved descriptions of the Tragically Hip. They are good people, and solid musicians. They are a great rock band. The well-executed, no-frills music provides a perfect backdrop for Gord Downie's intelligent lyrics and poetic insights. The many songs devoted to our folklore and experiences further cement the Hip as Canada's band. I had the honour of playing piano and accordion on their record "We Are the Same." I also played piano and keys on Gord's wonderful solo record *Coke Machine Glow*. Gord was very easy to work with. His songwriting/vocal abilities, and gentle disposition made it very easy for me to relax and play naturally. Gord is a beautiful human being, an inspiring poet, and a brilliant friend. Long live The Hip.



Ron Sexsmith, solo musician began 1991
I first met Gord in '96 at the Wetlands in New York City. I was opening for a band there and he'd come out to hear my set. I was pretty flattered, star-struck and many other adjectives as well. He invited me to his show the next night, which as it turned out was opening for Page and Plant at Madison Square Garden! I was always amazed at the devotion of their audiences. Musically, it was never a mystery to me because, like all great bands, when they're playing, it's like something you can't get anywhere else. But I often wondered what Gord's lyrics meant to them, because they could be so impressionistic and hard to penetrate. At the same time his words seemed to clearly resonate with them all in a very personal and beautiful way. In some ways, they've become the ultimate Canadian band — an enigma to the rest of the world perhaps, but our enigma.



Jim Cuddy, Blue Rodeo, founded 1985:
When we started in 1985 there seemed to be a desire from Canadian music fans to see and hear music that reflected their own lives. The Tragically Hip fit that bill. The members of the band felt familiar and were immediately recognizable. We had all gone to school with someone like Gord, the inspired rock poet. Audiences became devoted to these bands who spoke to them about their own experience and the bands of that era worked tirelessly — we all toured all the time and went everywhere. Gord has always been a perfect anti-rock star; down to earth and very humble. This has also inspired devotion from his fans. He was one of the first of his generation to mythologize Canadiana in song. He is a musician I greatly admire for his honesty and his talent.



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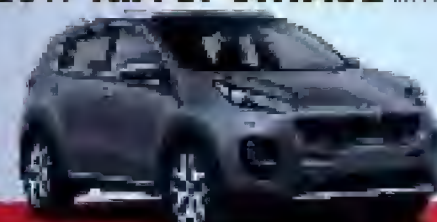
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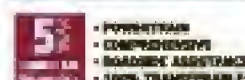

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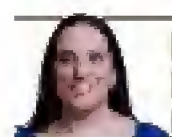
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The Power to Surprise

The Hip guide to Kingston

FINAL STOP

Proud Kingston girl shares tips for tourists



Kristen Lipscombe
Metro | Halifax

Every good Canadian knows the members of The Tragically Hip are from Kingston, Ont., but what does the average Canadian know about Canada's first capital city?

Yeah, you read that right. Kingston is the first capital of a United Canada and home of our first Prime Minister, Sir John A. Macdonald. Want to know more about the home of The Hip, just in time for the beloved band's Kingston concert Saturday night, which caps off an emotional Man Machine Poem tour? Here's a quick insider's look at Kingston, from a proud Kingston girl now living in Halifax, but always homesick for "K-town."

History

Kingston may be a small, sometimes even overlooked locale, nestled somewhere in southeastern Ontario among the bright lights of bigger cities such as Montreal and Toronto, but when it comes to Canadian tourism, it's actually a pretty big hotspot.

For history buffs, places to see include Bellevue House National

Historic Site, which is where Sir John A. Macdonald lived while serving as Prime Minister and the Cataraqui Cemetery National Historic Site of Canada, which is where the first PM now rests.

Those interested in Kingston's strong military past can stop by Murney Tower National Historic Site of Canada as well as the famous Fort Henry National Historic Site of Canada, which was built during the War of 1812.

More recently, the infamous Kingston Penitentiary, which was built in 1833 and closed down in 2013, has opened its doors for members of the public brave enough to enter. As Canada's oldest maximum-security prison, it housed some of the country's most dangerous and notorious criminals.

Where to eat

After shaking off those penitentiary cobwebs, check out the Kingston 1,000 Island Cruises, an onboard dining experience that takes you through the beautiful 1,000 Islands (and yes, that's how the salad dressing got its name).

Or if you're more the dry land type, head to gorgeous downtown Kingston, where Ontario Street runs along the waterfront and Princess Street offers plenty of shopping and restaurant options. Chez Piggy is one of the better known fine-dining restaurants, Pan Chanco and the Wolfe Island Bakery are fantastic for casual lunches, and Woodenheads has the best gourmet pizza.

Pubs such as The Toucan and the Tir Nan Og Irish Pub are great places for live music or to kick off a night on the town, while craft beer lovers should check out Stone City Ales.

Bonus stop

The Hip are well-known for incorporating spaces and places across Canada into their lyrics.

If you're looking for a lesser-known Kingston location that happens to be mentioned in a Hip song, check out Skeleton Park, officially known as McBurney Park. It was established as a burial ground in 1819, but is now a public park, its playground and various daily activities eerily taking place atop unmarked graves. Rumours about neighbours finding bones and ghosts haunting the area have long been a part of local Kingston folklore.

"In Skeleton Park / One fine summer evening / The sun teased the dark / Like the last strawberry," Downie sings on a bonus track on the We Are the Same album, released in April 2009.

"I could hear them on the breeze / Hear them moving through the trees / The ghosts of the Rideau Canal start to sing / And patting grass you said / 'Come sit next to me, by my sweetheart' / Over in Skeleton Park."

ONLINE

Be sure to look out for Kristen Lipscombe's dispatches from the last Hip show at metronews.ca

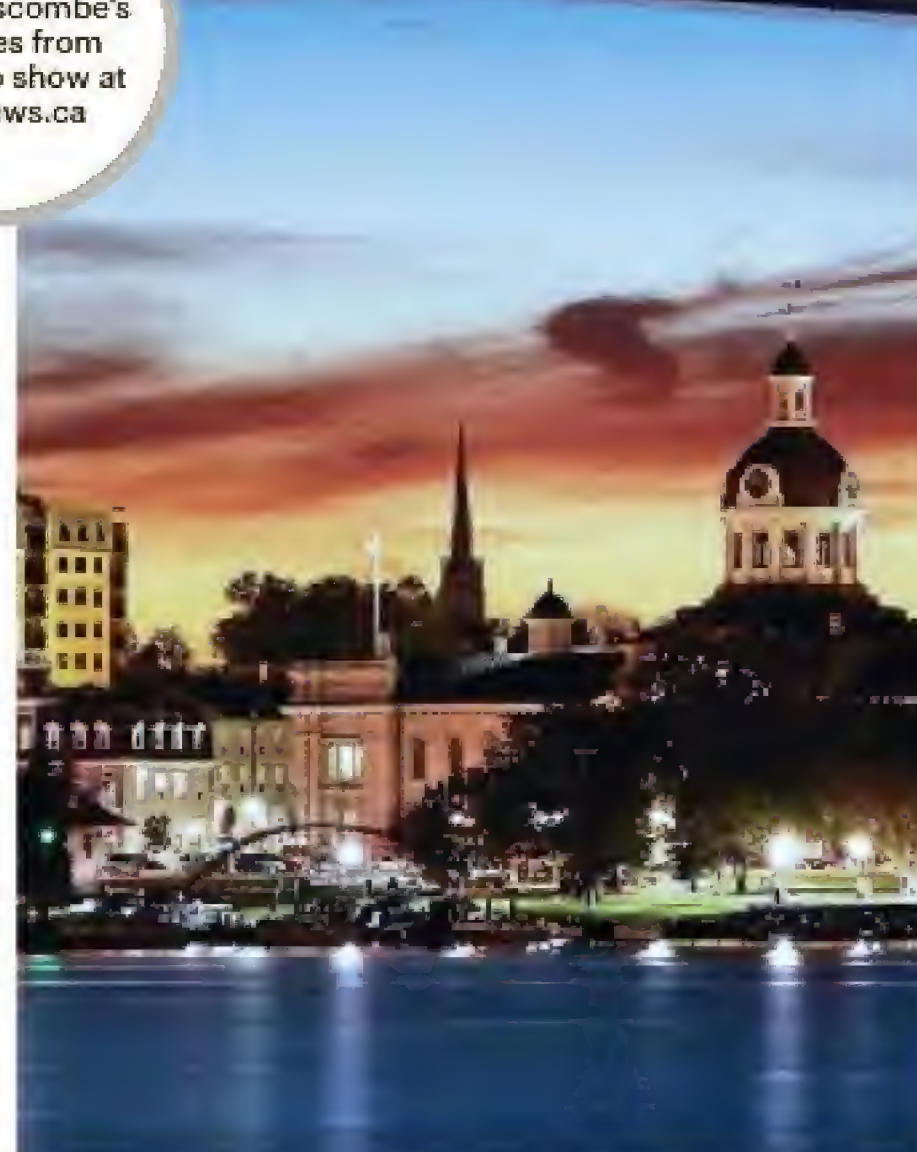
+ CONCERT DETAILS



The final show of The Tragically Hip's 15-date Man Machine Poem tour takes place Aug. 20 at Rogers K-Rock Centre in Kingston, home of the Ontario Hockey League's Kingston Frontenacs, which can only welcome about 6,000 lucky Hip fans.

Kingstonians who won't make it into the arena can gather in Springer Market Square and surrounding streets, in the heart of the city's downtown core, for a free public screening of CBC Television's live stream of the concert. Saturday has been named The Tragically Hip Day in Kingston.

Other Canadians can attend viewing parties in their own hometowns, or watch the concert live in its entirety starting at 8:30 p.m. ET, as a "late breaking story" on the CBC.



If you're in Kingston this weekend for The Tragically Hip's final show, be sure to take in some Hip related sightseeing. MAIN PHOTO: ISTOCK, INSET PHOTO: THE CANADIAN PRESS

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PRINCE EDWARD ISLAND

Tiny province abundant with charm, beaches and adventure

Morgan Dunlop
For Metro Canada

Unsure what to expect for my first trip to Prince Edward Island, I figured there would be plenty of Anne of Green Gables references, friendly Islanders and endless potato fields. I discovered an impressive amount of decadence alongside a quietly beautiful and calming landscape.

Perhaps juxtaposition is the birthright of a tiny island surrounded by water. After all, it's both Canada's smallest province and believed by many to be the birthplace of Confederation.

Here are the must-sees for any summer visit to P.E.I.

Beach

As we first set out to find the island's best beaches, we found ourselves driving along the coast with an endless supply.

Of PEI's 1,100 km shoreline, more than 70 per cent is beach. Unsure where to stop, we decided to follow a Bald Eagle until it flew out of sight. It brought us to Dalvay Bay Beach, with dunes as far as the eye can see, warm sand under foot and the crashing waves of the Gulf of St. Lawrence beckoning for a swim.

While many of the province's beaches are white, others are red. For one of the most stunning, follow red dusty dirt roads to Thunder Cove Beach. This beach is home to the iconic sea stack Tea Cup Rock and hundreds of metres of red



Time will fly by on a trip to P.E.I.

More than 70 per cent of the shoreline in Prince Edward Island is beaches. PRINCE EDWARD ISLAND TOURISM

sandstone cliffs to explore.

Eat

For fish and chips, Richard's serves fresh fish covered in light flakey batter, chips cut out of local potatoes and homemade dill and sundried tomato tartar sauce. Don't arrive starving. At its peak, the wait is up to an hour. But it's right on the wharf at Covehead so there's lots of fishermen and swimmers to watch.

For lobster rolls, the Lobster Barn Pub and Eatery in Victoria-by-the-Sea delivers a heap of juicy, fresh lobster on a warmed bun with a hint of homemade mayonnaise spread.

For a fiery feast, celebrity chef

Michael Smith's Inn at Bay Fortune uses local ingredients, including lobster-fed pigs sleeping out back, cooked completely over fire.

As you wander around the farm and herb garden, sampling as you go, chefs use locally sourced ingredients cooked in cast iron skillets over open fires, in smokehouse and in a wood oven.

The bulk of the meal is served among strangers who quickly become friends as you share the awe-inspiring feast.

Relax

For one of the most calming activities on the island, drive an electric golf cart, take a few

swings and immerse yourself in the scenic views (more than 25 golf courses interweave with the natural environment).

Experience islander charm as Saga Sailing Adventures Captain Kurt welcomes you on his 36-foot sailboat as if you're an old friend. Take the helm and explore the Charlottetown Harbour and the Northumberland Strait.

Stay

Do yourself a favour and book a room less than ten metres from the dining room after enjoying chef Michael Smith's Feast at The Inn At Bay Fortune. The simple, elegant guest rooms feature in-room fireplaces.

Staff will even set you up with

fresh marshmallows, roasting sticks and firewood for a private roasting party on the beach.

Fall asleep to the sounds of waves crashing at Dalvay By The Sea, surrounded by pine paneling, maple floors and walls made of the island's red sandstone. Fun fact: Kate Middleton and Prince William visited the property during the royal honeymoon tour.

For a top-rated B&B, enjoy carefully curated antiques, modern comforts and a warm reception from hosts Carol and Jay Macdonald at the Elmwood Heritage Inn in Charlottetown.

Morgan Dunlop's trip was partially supported by Tourism PEI



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5 CANADIAN REGIONS TO KNOCK OFF YOUR BUCKET LIST

Working as a travel journalist for the last 15 years I have been fortunate enough to travel the globe; some of the hidden gems I discovered were right under my nose.

LOREN CHRISTIE/FOR METRO



1 Cariboo Region, B.C.

Dominated by mountain scenery and the powerful Fraser River, British Columbia's scenic Cariboo Region embraces its heritage of cowboys and gold mining. The Écho Valley Ranch & Spa, near the town of Clinton, is uniquely positioned amidst the mountains, grasslands, canyons and forests of the interior, making it the perfect spot to explore your inner cowboy. Horseback riding, gold panning, bear viewing and campfires are just some the activities offered by the hospitable owners.



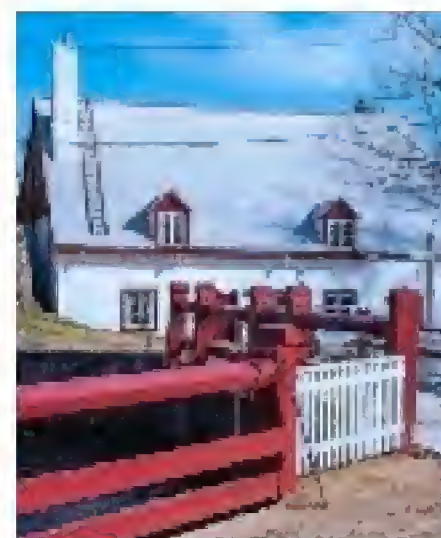
2 Canadian Badlands, Alta.

Alberta's Rocky Mountain Parks are beautiful but the area south east of Calgary, known as the Canadian Badlands, has dinosaur bones! Dinosaur Provincial Park offers un-earthly scenery and the chance to be part of a real archeological dig. Would-be paleontologists are given a toolkit that includes a paintbrush, hammer and dental pick ... for the more delicate work.



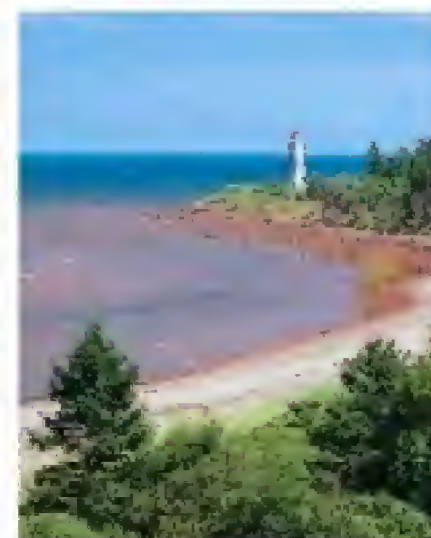
3 Thousand Islands, Ont.

Nestled along the St. Lawrence Seaway between Toronto and Montreal, the Thousand Islands is cottage country at its most charming. Famous for the presence of shipwrecks dating back to the War of 1812, the area is actually comprised of 1,865 islands. Highlights including Boldt Castle, Millionaire's Row and Zavikon Island are best seen by boat. Public cruises are also offered.



4 Charlevoix Region, Que.

The Charlevoix Region north of Quebec City has a long-established reputation for agro tourism and fine dining. Explore Isle-aux-Coudres by bike or take a stunning rail trip to Baie Saint Paul. At most farms in the area, products can be sampled and purchased on site. The chefs in the region's various hotels and restaurants do their part by including local products in all of their menus.



5 Nova Scotia's northern coast

Nova Scotia's Highway 7 hugs the province's northern coast stretching from the New Brunswick border through to Cape Breton. The area is dotted with picture perfect fishing villages, stunning vistas and a number of attractions. Locals proudly boast that these are, "the warmest waters north of the Carolinas."

All images Getty

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Sayulita's sweetest secrets

DESTINATION

Surf town on Pacific coast is one of Mexico's little treasures

Karen Kwan
For Metro Canada

Only a half-hour drive on a leafy, winding road from Puerto Vallarta airport lies the relaxed surf town Sayulita. It's somehow managed to stay relatively under the radar — in fact, brush up on your Spanish in order to converse with many of the locals — even though everyone who visits falls in love with its laidback atmosphere, waves and sweet sunsets.

To get the most out of your vacay, here are six of Sayulita's sweetest secrets.

Surf and SUP

With manageable waves for beginners and bigger ones for the more experienced, Sayulita has long been a favourite for those looking to improve their surf skills.

Sign up for inexpensive lessons (\$60 US for a 90-minute lesson, plus an additional hour with the board at Lunazul) to learn how to get up, identify good waves and how to safely fall.

When the tide is too high for surfing, rent a SUP from Stand Up Sayulita and venture toward Playa de Los Muertos (in the rainy season, let the sound of the cicadas in the jungle lead you).

Shop

Design-minded folks will swoon over the pretty jewelry, graphic ceramics, soft rugs and breathtakingly decorated skulls (both authentic and



Sayulita, a village about 25 miles north of downtown Puerto Vallarta, Mexico, has managed to stay relatively under the radar — despite its relaxed atmosphere and stunning beaches. MAIN PHOTO BOOKING.COM; OTHERS RIVIERA NAYARIT CONVENTION & VISITORS BUREAU



Tourists can indulge in an array of inexpensive beach snacks including fresh banana bread, empanadas and shrimp skewers.

ceramic ones are available) from local and Oaxacan artists at Evoke the Spirit.

In the same plaza, you'll find stylish embroidered

tunics and boho jewelry at shops like Pashan and Tori by the Sea, but for charming crafts, hit up the street vendors making pieces by hand.



Design-minded folks will swoon over breathtakingly decorated skulls from local artists.

Savasana

Haven't found your zen by catching that perfect wave? Drop in for a yoga class at Hotelito Los Sue-

nos, where you can select from vinyasa, hatha, yin, or their signature session in the a.m., which focuses on breathwork and alignment.

TRAVEL TIP

No plan? Let your passions lead to way on your vaycay

When you know what you love to do when you travel, but don't know where to go for your vacation, easily explore the destination options using booking.com's Passion Search feature. (It was with good grub and surfing in mind that led us to Sayulita.)

Swim

When the waves prove too strong in the playa principal, walk 10 minutes south past Villa Amor and the colourful cemetery to Playa de los Muertos. Here, the water is calmer and the beach less crowded.

Savour

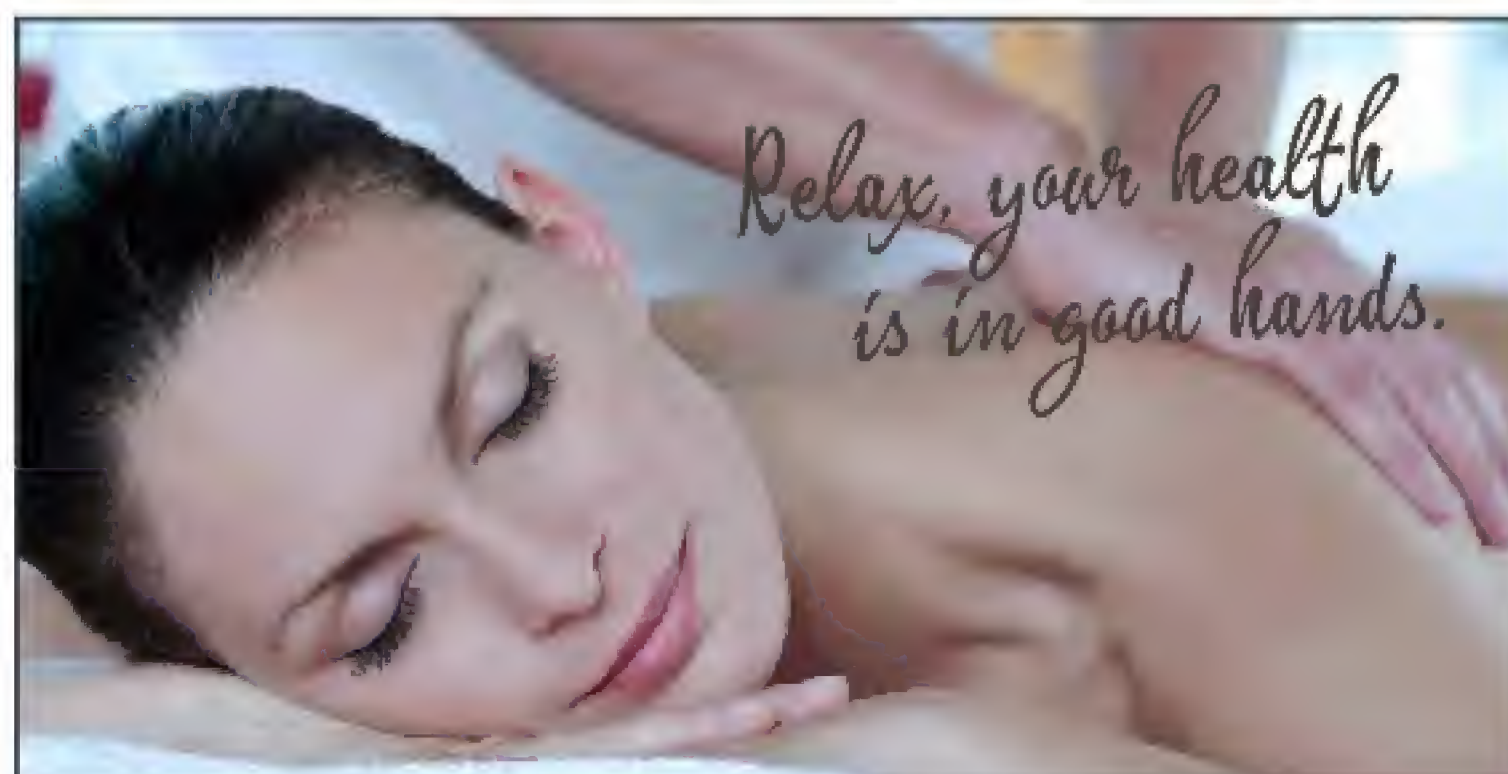
Indulge in a wide variety of inexpensive beach snacks including fresh banana bread, empanadas, shrimp skewers and fresh fruit.

In town, make like a local and get your tacos carnitas at Carnitas Prieto's, fish tacos at The Real Fish Taco, and seafood at Mary's. Cool off with a juicy paleta or creamy gelato from one of two locations of Wakika.

Sleep

Located on the north side, Hotel Diamante is tucked away from town, but convenient (the beach is just steps away) and cozy (AC and ceiling fans so you can sleep in cool comfort). Its pool in the courtyard is the perfect spot to hide in the shade with a book or for a nap on a chaise longue.

Karen Kwan was a guest of booking.com, who did not pay for or review this story.



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Climb into bed like an elite rock climber

COLORADO

Cliff camping a transcendent experience

Bert Archer
For Torstar News Service

We'd shimmied into our harnesses back at base camp before scrambling up through the brush and coniferous deadwood to the base of the mountain. We were only a 20-minute drive from Estes Park, but even 10 minutes outside the most bustling town must by the laws of the State of Colorado be a wilderness pregnant with a hundred possible Jon Krakauer disaster stories.

Before us: 150 Krakauerian metres of sheer verticality.

We were out here in Rocky Mountain National Park to go cliff camping. Now, strictly speaking, cliff camping is not a thing. When the most serious rock climbers in the world attempt to climb certain rock faces, they

are occasionally stuck part way up when they either run out of steam or daylight. Instead of rappelling back down, they decide to sleep on the vertical face itself. So they hammer a few bolts into the rock, secure some lines, and sleep dozens or even hundreds of metres in the air.

Sounds fun, right?

Local climber and entrepreneur Harry Kent's idea was to get his professional rock-climbing staff, such as Brett Bloxom, to rig up the sky cot in advance and then guide guests to experience what previously only the most elite climbers have.

Though Bloxom said he gets some stick from climbers about co-opting such a serious activity, the fact is, cliff camping is pretty elite itself. Only about a dozen people have done it since Kent Mountain Adventure Center started offering it last year.

Cliff camping is a leisure activity, according to the Colorado definition of the term. This is an active state, and the bar for entry is set pretty high.

Once we arrived at the top,

IF YOU GO:

Rocky Mountain National Park

This is one of the most spectacular national parks in the U.S. Do your research at nps.gov/romo.

Bloxom tethered us to each other and some bolts in the ground, and then explained we'd be rappelling down together. That first step into the void takes some grit. Bloxom seemed like a trustworthy sort, though. So I looked over the edge, leaned back into my harness, slowly shifting my centre of gravity off the top of the cliff, and, our legs entwined, sometimes gracefully, sometimes less so, we walked Batman-and-Robin-like down to our bed.

The metal-framed bed didn't look like it could support us. The first thing Bloxom had me do when we landed on it and our tethers had been transferred to the same bolt that was holding our bed in place was to jump on it, to get it off a couple of crags

it had got stuck on. I did as I was told, and when I wasn't dashed on the rocks below, I felt a little better about it all, and really started to enjoy this extraordinary thing we were doing.

There are at least half a dozen reasons adventure travellers do what they do. People like to test their limits, do something they haven't done before, inspire admiration among their friends or, failing that, envy. Yet at its best, when you step off a cliff, swim alongside a sea turtle, or even just stand upright on a paddle board for the first time, it can create a transcendent moment. Perched on that slip of red canvas amid 1,000 square kilometres of coniferous Rockies, feeling the air chill as the sun slides behind them, and talking to a full-time climber for whom this was every bit as extraordinary as it was for me, was unquestionably one of those moments.

Bert Archer was hosted by the Colorado Tourism Office, which didn't review or approve this story.



As far as they know, Kent Mountain Adventure Center are the only outfit in the world to offer cliff camping. COURTESY KENT MOUNTAIN ADVENTURE CENTER

TRAVEL NOTES DE NIRO, SUPER MARIO BROS. & GAMBLERS

Robert De Niro gets green light for London boutique hotel

Robert De Niro has won planning permission for a luxury hotel in London's Covent Garden area. Westminster Council approved plans Tuesday for the 83-room Wellington Hotel, backed by the actor and BD Hotels. The team already owns Manhattan's Greenwich Hotel. The plans include a spa, restaurant, private members' club and retail space. It will occupy six adjacent historic buildings and is due to open in 2019. THE ASSOCIATED PRESS



Robert De Niro. GETTY IMAGES

New York farm creates eight-acre Super Mario Bros. corn maze

The images of Mario, Luigi and friends have been carved into the fields of an upstate New York farm as part of a corn maze based on Nintendo's Super Mario Bros. game series. ABC News reports it's the latest installment of an annual themed maze at the Stoughton Farm in Newark Valley. An aerial photo of the 8-acre maze clearly shows Mario, Luigi, Princess Peach, Toad and Yoshi carved into the cornfield. THE ASSOCIATED PRESS



Mario has been carved into a corn field. HANDOUT

Casino mogul Wynn to launch lavish new \$4.2B Macau resort

From a pair of giant golden dragons encircling a vast man-made lagoon to phoenix and cloud motifs inside, Steve Wynn's Macau resort brims with auspicious Chinese symbolism. The U.S. casino mogul will need luck on his side as he launches his \$4.2 billion Wynn Palace project. Macau is the world's biggest casino market, with revenues four times those of the Las Vegas Strip. But China's slowing economy and President Xi Jinping's crackdown on corruption are crimping the lavish spending by high-rollers that powered Macau's boom years. THE ASSOCIATED PRESS



Wynn Palace. VINCENT YU/THE ASSOCIATED PRESS



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Wiebe locks up gold

RIO 2016

Canadian wrestler shuts out opponents in final 2 bouts

They better have been singing O Canada loudly in Stittsville, Ont., on Thursday night.

Erica Wiebe, the pride of the suburban Ottawa town and Canada's newest Olympic wrestling gold medalist, belted out

the national anthem through welling tears and swelling pride and thought back to a visit she made to her hometown and a feeling of déjà vu.

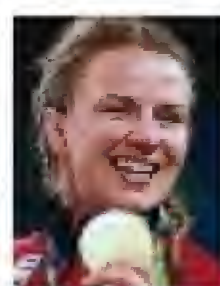
"I visited my elementary school in June and I made all the kids sing O Canada with me and I got these tingles in my body in that moment," Wiebe said minutes after easily handling Kazakhstan's Guzel Manyurova 6-0 in the 75-kilogram gold-medal bout.

"I was really hoping they would hear me today because they sang way better than I did."

They may have sung better

back then but none wrestled better than the 27-year-old who now trains out of Calgary. Wiebe went unbeaten in four bouts to become Canada's first female wrestling gold medalist since Carol Hunyh in Beijing eight years ago.

Wiebe defeated Vasilisa Marzaliuk of Belarus 3-0 in the semifinals early Thursday after beating China's Fengliu



Erica Wiebe
GETTY IMAGES

Zhang 5-2 in the quarter-finals. She was an easy winner over Germany's Maria Selmaier in the opening round.

"She beat the top six women at last year's world championship so we knew she had it in her, it was getting her to do it in this arena," her Calgary coach, Paul Ragusa said.

"We had some major words that we focused on: grit, discipline, focus, being sharp and crisp, and that's what she was today."

The five-foot-nine Wiebe was a bundle of enthusiasm before the gold-medal bout, bounding

into the ring like she was on springs. And when it was over, the goal reached, the perfect day an emotional medal ceremony from being over, she first grabbed Ragusa, hugged him within an inch of his life and then carried him around on her shoulders for a victory lap of the mat.

"I just wanted to unleash everything I've put in over the last eight years," Wiebe said. "We work really hard and to not put it all on the mat, that's the worst feeling, that's what I wanted to do today."

TORSTAR NEWS SERVICE

RIO CanCon

Warner reels in bronze

Damian Warner captured bronze in the decathlon on Thursday at the Rio Olympics.

The London, Ont., native finished the 10-discipline competition with 8,666 points. He matches Dave Steen from the 1988 Seoul Games for the best-ever Canadian finish in decathlon.

Defending champion Ashton Eaton of the U.S. won gold with 8,893 points while France's Kevin Mayer took silver with 8,834 points.

THE CANADIAN PRESS

Benfeito captures second medal of the Games

Diver Meaghan Benfeito capped off her Rio run in style after winning her second bronze and first individual medal.

The 27-year-old from Laval, Que., finished with an overall score of 389.20, behind Ren Qian and Si Yajie of China. She previously won bronze with Roseline Filion in the 10-metre synchronized event.

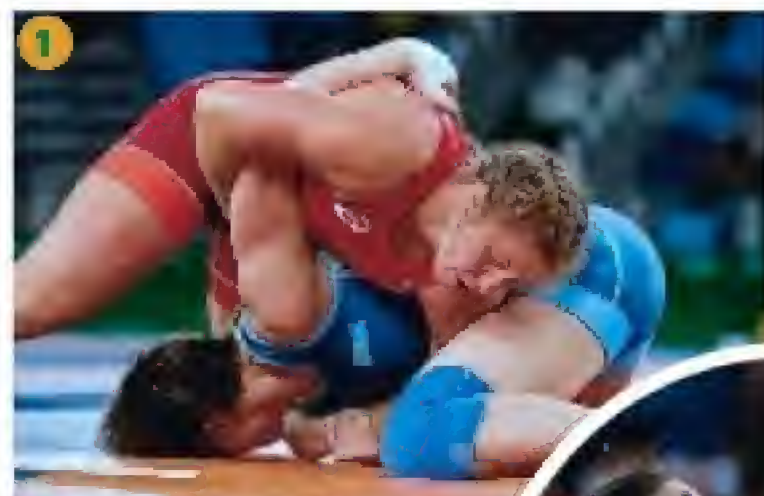
THE CANADIAN PRESS

Henderson on birdie watch

Brooke Henderson made her move in the second round of women's golf.

The product of Smiths Falls, Ont., had five consecutive birdies to finish 7-under 64 and shot up the leaderboard into a tie for third with Britain's Charley Hull, closing in on South Korea's Inbee Park and American Stacy Lewis.

THE CANADIAN PRESS



PHOTOS BY GETTY IMAGES

RIO In brief

Doping weightlifter stripped of bronze medal

It was a busy day for doping suspensions.

Doping officials announced Thursday that a weightlifter from Kyrgyzstan, swimmer from China, cyclist from Brazil and canoeist from Moldova all tested positive for drugs.

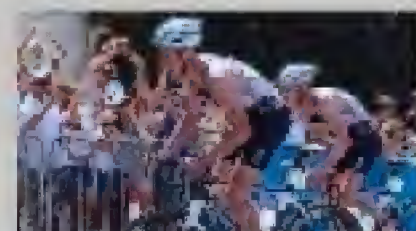
Kyrgyzstan's Izzat Artykov had won the bronze in the 69-kilogram category on Tuesday with a total of 339 kilograms lifted, but was stripped of the medal.

THE ASSOCIATED PRESS

Brothers win gold and silver in the triathlon

Alistair Brownlee of Britain successfully defended his gold medal in the men's triathlon. His younger brother Jonathan, who took bronze in London four years ago, moved up to silver this time around.

THE ASSOCIATED PRESS



GETTY IMAGES

TRACK AND FIELD

De Grasse fastest after Bolt in 200

He could not beat Usain Bolt. Nobody can, when it matters. When it matters, Bolt has all the answers. He dances in, wiggles and shakes and never shows nerves, because he knows he has the answer in his back pocket.

But Markham, Ont.'s Andre De Grasse had one last real head-to-head shot with the greatest, and if you want to be the greatest, you take your shot. Bolt says he will retire after the 2017 world championships: he will turn 30 on Sunday, and has already climbed all the mountains.

So, in the 200-metre final, Bolt tried for a last individual bout



There was no laughing ... I wanted to challenge him for a gold medal.

Andre De Grasse

of glory on the biggest stage on Earth, and the 21-year-old Canadian tried to run with him. Bolt danced in the intros, so comfortable. He said he wanted to break his record of 19.19 from 2009, but that was never on the table.

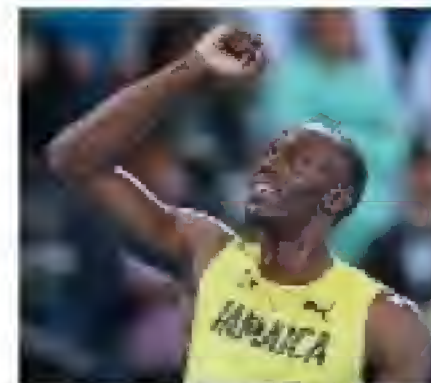
Still, dominant: a 19.78 that

left everyone behind. And the closest man to him was Andre De Grasse in 20.02.

"I was feeling pretty good. I was ready to try to challenge him and he just ran away from me," De Grasse told CBC. "It is what it is."

France's Christophe Lemaitre won bronze in a time of 20.12. But De Grasse was clearly the second-best runner in the field. Justin Gatlin, the American silver medalist in the 100, didn't make the final here. De Grasse did.

"It's my first Olympic Games I can't complain ... I'm just look-



Usain Bolt GETTY IMAGES

ing forward to the next one," he said.

"I never thought this would happen so it really is a dream come true." TORSTAR NEWS SERVICE

Brazil officials say 'no robbery was committed'

RIO 2016

Security footage sheds light on swimmers' wild night at Games

Brazilian police said Thursday that swimmer Ryan Lochte and U.S. teammates were not robbed after a night of partying, and that the intoxicated athletes instead vandalized a gas station bathroom and were questioned by armed guards before they paid for the damage and left.

The robbery that was or wasn't has become the biggest spectacle outside of the Games in Rio.

"No robbery was committed against these athletes. They were not victims of the crimes they claimed," Civil Police Chief Fernando Veloso said during an afternoon news conference.

The police account raised questions about whether it's possible Lochte and the swimmers believed they were victims of a robbery. Lochte's attorney has maintained that one took place. He, as well as Lochte's father and agent, did not return phone calls.

Lochte initially said he and Jack Conger, Gunnar Bentz and Jimmy Feigen were held at gunpoint and robbed. Police said earlier this week that they couldn't find evidence to substantiate the claim, and a judge ordered the swimmers' passports held. Lochte

had already returned to the U.S. but the others stayed, and Conger and Bentz were pulled off a plane at the Rio airport.

While some details in the official account of the story changed on Thursday — police first said no guns were involved, then backtracked and said two guards drew weapons — security video confirmed that the athletes vandalized parts of the gas station.

A gas station worker arrives, and other workers go to inspect the damage. Veloso said the swimmers broke a door, a soap dispenser and a mirror.

The swimmers eventually talk with security guards, who persuade them to walk to another section of the station.

As they talk, two of the swimmers put their hands up and all four sit down on a curb. After several minutes, they stand up and appear to exchange something — perhaps cash, as police said — with one of the men.

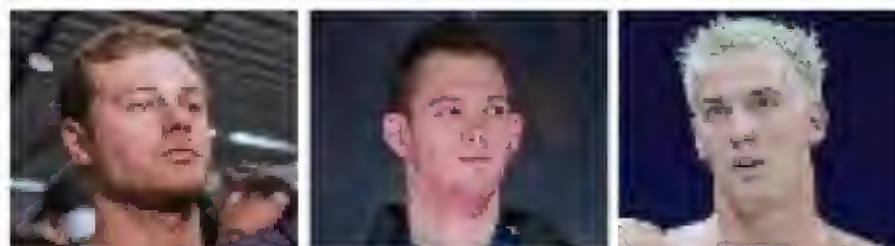
A police official speaking on condition of anonymity said two guards pointed guns at the swimmers. Veloso said the guards would have been justified in drawing their guns because the athletes "were conducting themselves in a violent way."

A station employee called police, and the guards and employees tried to get the swimmers to stay until authorities arrived. Veloso said. But he said the athletes wanted to leave, so paid 100 Brazilian reais (about \$33 US) and \$20 in U.S. currency and left.

THE ASSOCIATED PRESS



Ryan Lochte and his swimming teammates Jack Conger, from bottom left, Gunnar Bentz and Jimmy Feigen have been accused of fabricating parts of their robbery story from the Rio Olympics. ALL PHOTOS GETTY IMAGES



DOPING INVESTIGATION

Harrison agrees to meet with league

Steelers linebacker James Harrison is willing to meet with the NFL to discuss an alleged link to performance-enhancing drugs — but only five days after a deadline the league has imposed while threatening him and three other players with indefinite suspensions.

NFL Players Association attorney Heather McPhee sent a letter to the NFL on Thursday, accusing it of trying to "bully and publicly shame" Harrison without offering evidence beyond a brief mention in a TV interview last year that was recanted by the accuser.

Green Bay's Clay Matthews and Julius Peppers, and free agent Mike Neal also were threatened with suspensions.

The league's deadline for cooperation from the four play-

ers is Aug. 25. McPhee's letter says Harrison would meet with the NFL at 5 p.m. on Aug. 30 at the team's facility, and would only discuss the portion of the Al-Jazeera interview that mentioned the 14-year veteran.

In the report, Charlie Sly, who worked as an intern at an anti-aging clinic, made claims of PED use against several athletes, including the four linebackers. Sly later recanted his claims.

"Is the NFL aware of any credible evidence — other than the recanted remarks by one individual shown by Al-Jazeera — that indicates that there is any validity to the remarks about Mr. Harrison?" McPhee wrote to Adolpho Birch, the NFL's senior vice-president for labour policy and league affairs.

THE ASSOCIATED PRESS

IN BRIEF

Jaguars' Fowler kicked out of training for fighting

Jacksonville Jaguars defensive end Dante Fowler Jr. was kicked out of practice Thursday following a skirmish with Tampa Bay Buccaneers guard Ali Marpet.

Coaches told Fowler to leave the practice fields late in the 2-hour joint session. Fowler, a second-year player from Florida, was not present during a media period. Jaguars coach Gus Bradley didn't see the altercation, but made it clear to players that no fighting would be tolerated. THE ASSOCIATED PRESS

CFL officials to take part in NFL exhibition games

Three CFL officials will work in upcoming NFL exhibition games. Edmonton native Justin McInnes will serve as a line judge Thursday night when the Oakland Raiders visit the Green Bay Packers.

It will mark the first time a current CFL official will work in an NFL contest and is the result of the two leagues' officiating development program. McInnes will work alongside head referee Bill Vinovich, a former CFL official who worked at a Super Bowl. THE CANADIAN PRESS

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Five for five but not satisfied

NATIONAL LEAGUE

Bryant has banner day in a season filled with big ones

Kris Bryant came to the plate in the eighth inning a triple shy of the cycle. The Cubs slugger was trying for a little more.

"My last at-bat I was thinking home run," Bryant said. "There aren't too many games you can hit three home runs."

Bryant settled for an RBI single to cap a 5 for 5 day with two homers, a double and five RBIs. He helped Chicago overcome a career-high seven walks by Jake Arrieta to beat the Milwaukee Brewers 9-6 Thursday for a four-game sweep.

"I don't feel like this too often," Bryant said. "This was just one of those days when I was really locked in."

Bryant tied Colorado's Nolan Arenado for the NL lead with 30 home runs.



Kris Bryant had a standout two home run, five RBI day to add to his MVP-calibre season.

JONATHAN DANIEL/GETTY IMAGES

And as the Cubs won for the 18th time in 21 games and improved the best record in the majors to 77-43, the only controversy in their jovial clubhouse is whether Bryant or teammate Anthony Rizzo is the better NL MVP candidate.

"This was just one of those days when I was really locked in."

Kris Bryant

Two days after a circus catch of a foul ball, Rizzo doubled twice off Zach Davies (9-6). Rizzo has driven in 86 runs and Bryant 78.

"(Rizzo) always jokes around me saying when Miguel Cabrera won the Triple

THURSDAY In Chicago

9 CUBS **6 BREWERS**

Crown, Prince Fielder was hitting behind him," Bryant said. "So he always tells me I'm his Prince. I can't say enough about having him behind me."

Chicago's ace welcomed Bryant's big day with the wind blowing out. The Cubs led 5-0 when Arrieta (15-5) issued a pair of two-out walks in the fourth. Kirk Nieuwenhuis followed with a three-run homer.

Hernan Perez hit a solo homer in the sixth off Arrieta, who allowed four runs and three hits in 5-2/3 innings.

Aroldis Chapman worked the ninth for his seventh save with the Cubs.

"I put myself in a tough situation," Arrieta said. "The first three (innings) were good. It kind of got away from me there, but we had a big day out of the offence."

THE ASSOCIATED PRESS

+ AROUND MLB

Orioles 13, Astros 5

J.J. Hardy and Chris Davis each hit two of Baltimore's six home runs. Hyun Soo Kim had a career-high four hits and the Orioles beat rookie Joe Musgrove and the skidding Houston.

Phillies 5, Dodgers 4

Maikel Franco hit a go-ahead two-run home run in the seventh inning and the Philadelphia Phillies beat the Los Angeles Dodgers.

Reds 5, Marlins 4

Ramon Cabrera hit a three-run homer, Dan Straily continued his second-half surge and the Cincinnati Reds made it eight wins in 10 series since the All-Star break with a victory over Miami. Straily (9-6) improved to 5-0 with a 2.68 ERA over his last six starts.

THE ASSOCIATED PRESS

CFL

Lion look to earn 'elite' status with win overStampeders

It's not exactly a playoff game, but for the B.C. Lions meeting the Calgary Stampeders is the next best thing.

B.C. hopes to vault over Calgary in the standings as the two best teams in the CFL's

West Division meet on Friday for the third time this season with a season-series tiebreaker on the line.

On many occasions, it's been the Stampeders (5-1-1) who have halted the momentum of the

Lions (5-2). B.C.'s last home playoff appearance was a loss to Calgary in the 2012 division final after posting a 13-5 regular season record. More recently, the Lions were hammered at McMahon Stadium in the div-

ision semifinal last season.

"In order to be an elite team you need to beat an elite team and (the Stampeders) have been for some time," said veteran Lions defensive back Ryan Phillips. "When I first came into

the league we were the elite team. We were guaranteed 11-12 wins every single year and they became that team. We've flipped identities."

The Stampeders will be focused on Lions returner Chris

Rainey, who has four career return touchdowns against Calgary.

"He must enjoy playing against us," Calgary coach Dave Dickenson said this week.

THE CANADIAN PRESS

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Leicester's Riyad Mahrez shields the ball from Arsenal's Alexis Sanchez last year at King Power Stadium. MICHAEL REGAN/GETTY IMAGES

Last season's top 2 face off

EPL

Arsenal and Leicester both suffered big week 1 losses

When the English Premier League champions take on the runners-up, the stage should be set for a clash between two teams bursting with confidence.

That won't be the case when Leicester hosts Arsenal on Saturday. Not after both teams slumped to defeats on the opening weekend of the new season. Leicester manager Claudio Ranieri even talked about his team's target of avoiding relegation after a 2-1 loss to newly-promoted Hull, while Arsene Wenger conceded that his Arsenal side just wasn't ready for an opening match that ended in a 4-3 home defeat to Liverpool.

Along with the final score, a worrying aspect of Leicester's game was just how much Ranieri's defence lacked the protection of combative midfielder N'Golo Kante, who has joined Chelsea.

Having built last season's

success largely on a counter-attacking game, Leicester also found it harder to change roles and take the game to its opponent. There was better news off the pitch, though, with Leicester's announcement on Wednesday that Algeria playmaker Riyad Mahrez, a key figure alongside 24-goal Jamie Vardy in last season's title triumph, had signed a new contract through to 2020.

For their part, travelling Arsenal fans will be hoping that some of the first-team regulars who were rested against Liverpool — including centre-half Laurent Koscielny — will be back in the side but there will be no expectations of a repeat of their team's remarkable 5-2 victory in the Midlands last season.

Elsewhere, Liverpool heads for newly-promoted Burnley, while Chelsea is away to Watford after Antonio Conte celebrated his first league match as Blues manager with a home win over West Ham on Monday night. Manchester United face Southampton at home on Friday while Manchester City host Stoke on Saturday.

THE ASSOCIATED PRESS

EPL

Mourinho: Pogba ready for United debut

Manchester United's world-record signing Paul Pogba is ready to make his debut at home to Southampton in the English Premier League on Friday, according to manager Jose Mourinho.

Pogba, who left United at age 19 for Juventus four years ago and was re-signed for \$116 million, has been training for 11 days. But the France midfielder isn't yet ready to play a full match. "Yes, he's

ready to play," Mourinho told a news conference on Thursday.

"Ninety minutes? I don't believe. Super performance? I don't believe. But in condition to accelerate his process of integration in the team, that's for sure."

Pogba missed United's opening league game

— a 3-1 win at Bournemouth — because of a ban carried over from his time at Juventus. But Mourinho highlighted that Pogba would need less time to fit in to the club's set-up, as a former United player.

"Adaptation is really easy because he knows the club," Mourinho said. "There's no need for time to adapt." Mourinho was also upbeat about his other headline signing, Zlatan Ibrahimovic, who has already spoken about staying for

+ TRANSFER

Liverpool striker Christian Benteke is set to join Crystal Palace for a club record 27 million pounds plus add-ons. The forward never really got going at Anfield, scoring just 10 goals in 42 games. METRO

the optional second year attached to his one-year contract. THE ASSOCIATED PRESS



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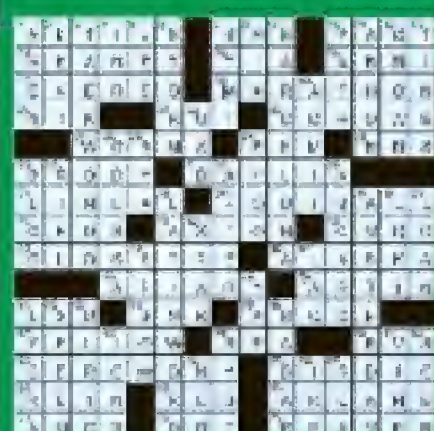
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6	1	9	5	3	2	7	4	8
5	2	4	8	6	7	3	9	1
7	8	3	1	4	9	6	5	2
2	3	1	4	7	8	9	6	5
9	7	6	3	5	1	8	2	4
8	4	5	9	2	6	1	7	3
4	6	8	7	1	5	2	3	9
1	5	7	2	9	3	4	8	6
3	9	2	6	8	4	5	1	7

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RECIPE Pork and Black Bean Slow Cooker Chili



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

Don't forget your slow cooker in the summer - nothing keeps your kitchen cooler!

Ready in 8 hours

Prep time: 20 minutes
Serves 4

Ingredients

- 3/4 cup bacon, chopped into inch-length pieces
- 500 gram pork loin, cubed
- Glug of vegetable or olive oil
- 2 onions, diced
- 4 cloves garlic, minced
- 1 sweet pepper, chopped
- 1 carrot, peeled and diced
- 1 1/2 tsp cumin
- salt and pepper to taste
- 2 x 19 ounce cans beans, rinsed
- 1/2 cup of strained canned tomatoes
- 1 cup water

Directions

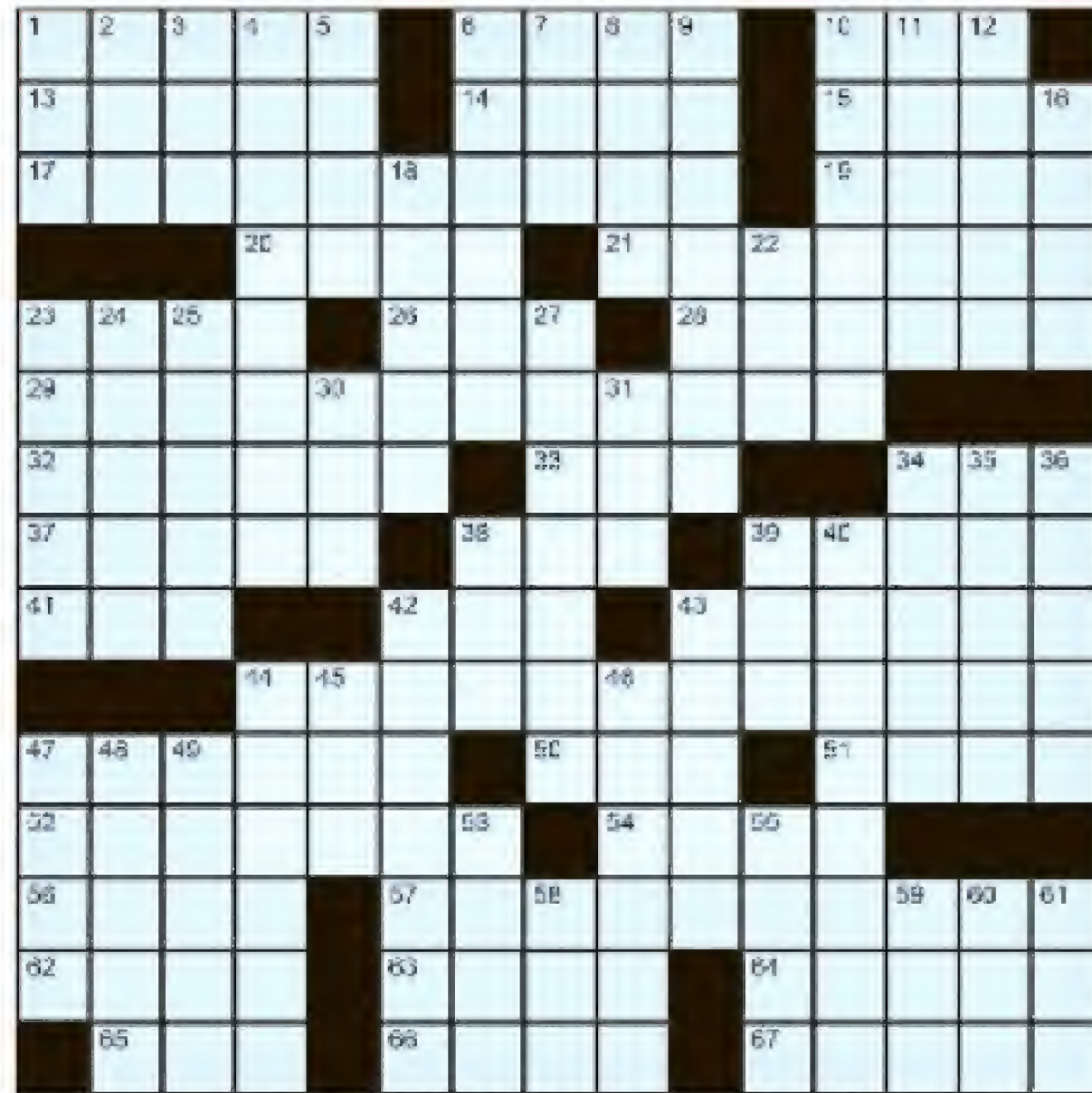
1. In a large skillet, brown the bacon for about 5 to 10 minutes. Place on a piece of paper towel and drain almost all excess fat.
2. In small-ish batches, brown the pork in the skillet. Place the bacon and pork into the slow cooker.
3. Toss all of the vegetables in the skillet over medium heat. Sprinkle cumin over the vegetables and give it a good stir until they just begin to soften.
4. Place vegetables, tomatoes, water and beans in the slow cooker, stir and set to low for 6 to 8 hours.

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CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

ACROSS

1. RIO 2016: Basketball, fun-style
6. Ms. Helgenberger
10. Mr. Hunter
13. "Coffee ___?"
14. Busy as ___
15. "___ surprised as you!"
17. RIO 2016: Prior to Rio, the last time Golf was an Olympic sport was St. Louis 1904 when a Canadian won the gold medal...who was he?: 2 wds.
19. Pro ___ (Proportionately)
20. Brave New World tablet
21. Ottawa: The Red Chamber figure
23. Prefix meaning 'Eight'
26. ___ Beach, Hawaii
28. RIO 2016: Horse ___ (Component of #57-Across)
29. RIO 2016: Cross-Country need in Cycling: 2 wds.
32. Wayward
33. Electrical discharge
34. Judy, to Liza
37. The J. ___ Band
38. In favour
39. "___ film today..." (Beatles line)
41. Prince Valiant's son
42. The Col's eatery
43. CAA service
44. RIO 2016: ___ Swimming
47. Music storage container: 2 letters + wd.
50. Royal officer, for



- short
51. 'Trillion'-meaning prefix
52. RIO 2016: Jumped-over things in Track & Field
54. Infamous Vamp.
56. "___" (Prayer beginning)

57. RIO 2016: Modern ___
62. Ratchet part
63. Water: Spanish
64. Comedy act, Stiller & ___
65. Compass dir.
66. "Drats!"
67. Particular poet

DOWN

1. Don't share
2. Mined stuff
3. 'Ear'-meaning prefix
4. RIO 2016: ___ best (Athlete's top-ever performance)
5. Palm starch
6. RIO 2016: Lilongwe is this IOC country's

- capital
7. 'Luil' ending
8. Antique autos [abbr.]
9. Non-name brand
10. Rant
11. Violin-making family
12. RIO 2016: 4 x 100m Relay prop in Track & Field

16. Famed puppeteer Tony
18. 1933 Broadway musical, Let '___ Cake
22. 'Neat' suffix
23. RIO 2016: Olympics official timekeeper
24. Apples gadget
25. Burial shroud city in Italy
27. Lawlessness
30. Heavy wts.
31. Fam. member
34. Corn
35. Proprietor
36. Eva and Zsa Zsa Gabor's older sister
38. Gomer Pyle's rank [acronym]
39. 'Opt' suffix
40. Changed
42. RIO 2016: Athlete's protection, perhaps
43. Bing Crosby's "___ Loo-Ra-Loo-Rai"
44. RIO 2016: Equestrian's seat
45. Couture monogram
46. ___ sale
47. Prepare veggies
48. "Max ___ Returns" (1983)
49. Queen Elizabeth's 'hat'
53. Video game maker
55. Prefix with 'sphere'
58. Called-one's occupation
59. Movies composer Francis
60. Hosp. sites
61. ___ Geo (Nature mag, cutely)

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a loosey-goosey day. It's a poor day for major purchases and important decisions. (It's OK to buy food and gas.)

Taurus April 21 - May 21
If you can hunker down at home today, you will enjoy yourself, because you need to cocoon right now. This is a creative day for you, especially if you work in the arts.

Gemini May 22 - June 21
You're eager to communicate with others now; however, tension with partners and close friends is likely. This tension will be gone by the end of September.

Cancer June 22 - July 23
Be careful, because you are focused on money right now and probably considering a major purchase. Today is a poor day for a major purchase. Wait until tomorrow.

Leo July 24 - Aug. 23
You have a few more days with the Sun in your sign giving you a chance to re-energize yourself. People and favorable situations are attracted to you. Make the most of this.

Virgo Aug. 24 - Sept. 23
Although this is a good time to buy wardrobe items for yourself, today is not the day. Wait until tomorrow; you will be glad you did.

Libra Sept. 24 - Oct. 23
In one way, you are keen to socialize, and you are out there flying your colors. However, a different influence makes you want to hide and be low-key. At least you have a choice.

Scorpio Oct. 24 - Nov. 22
This is a great day to schmooze with others. Keep things lighthearted and avoid important decisions. Don't volunteer for anything.

Sagittarius Nov. 23 - Dec. 21
Travel, education and publishing are on your mind now. However, this is a poor day to make a decision regarding these matters. Nevertheless, it's a light-hearted, creative day for you.

Capricorn Dec. 22 - Jan. 20
You will enjoy talking to people from different cultures and different backgrounds, because you want to learn something new. It's easy to be openminded today.

Aquarius Jan. 21 - Feb. 19
It's good to know that you can benefit from the wealth and resources of others at this time. Today, however, is a poor day for important decisions, especially about a commitment.

Pisces Feb. 20 - March 20
Relations with partners and close friends are unusually warm and cozy now. Don't hesitate to tell others how much you care. Don't leave it to their imagination.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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YOUR STORY MUST CHANGE

Most of the time, instructions from God do not come as expected, whereas, they have their purpose. Namaan, with all his prestige had a stigma-deprisy. The problem could have persisted if he had ignored Elisha's instruction even as "he went down and dipped himself seven times in the Jordan, according to the word of the man of God, and his flesh was restored like the flesh of a little child, and he was clean." (2 Kings 5: 14-ENL). God is ready to change your story only if you can obey His word.

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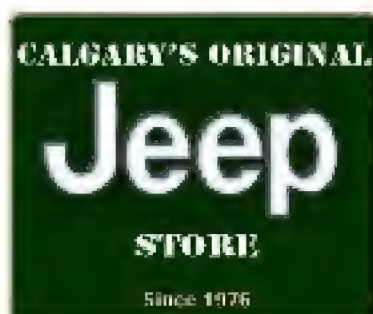
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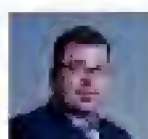
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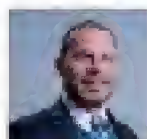
OR PAY \$159 BIWEEKLY



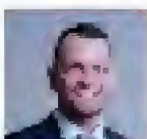
GERRY WOOD
PRESIDENT
WOOD AUTO GROUP



ROB COLEMAN
DEALER PRINCIPAL
20 YEARS



MARTIN YEHRER
SALES MANAGER
9 YEARS



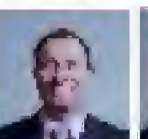
DARCY SCHINHOUE
SALES MANAGER
18 YEARS



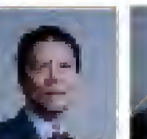
SCOTT CLAY
5 YEARS



DAN MILLS
21 YEARS



JOHAN DEDEUGD
10 YEARS



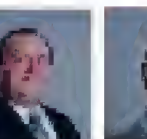
HAN KIM
24 YEARS



JOE CHIARIZIO
40 YEARS



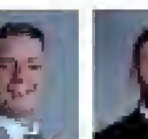
AARON SNOWIE
8 YEARS



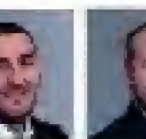
MICHAEL CYBULSKI
10 YEARS



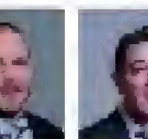
PHIL LAWRENCE
22 YEARS



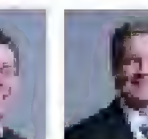
JOHN O'DINLAN
13 YEARS



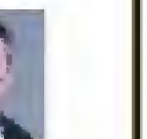
BILLY MANSOUR
1 YEAR



SCOTT SCHINHOUE
5 YEARS



RAY BURNETT
10 YEARS



JIM HARTASON
22 YEARS



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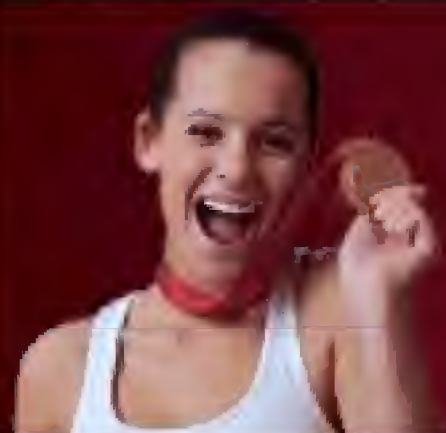
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★★★★★

AMVIC LICENSED. ALL OFFERS OAC. ALL OFFERS INCLUDE FEES AND TAXES BUT EXCLUDE GST. BIWEEKLY PAYMENTS BASED ON 96 MONTH TERM @ 6.99% (PATRIOT), 1.99% (CHEROKEE) 3.49% (WRANGLER) WITH \$0 DOWNPAYMENT. COB=\$4,278 (L137). *ALL REBATES TO DEALER (INCLUDING ALL JEEP LOYALTY/CONQUEST CASH. MUST HAVE A JEEP OR COMPETITIVE SUV TO QUALIFY). VEHICLES MAY NOT BE EXACTLY AS SHOWN. INVENTORY ACCURATE AT TIME OF PUBLICATION. LIMITED TIME OFFERS. SEE DEALER FOR DETAILS.





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